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TORSTAR NEWS SERVICE

BLOOD ON OUR HANDS

Idle No More takes over Toronto offices of Indigenous and Northern Affairs Canada in solidarity with Attawapiskat — a remote Ontario First Nation struggling with a suicide crisis

metroNEWS, metroVIEWS

Cyclists, pick your poison

SAFETY

Pollution nearly as dangerous as collisions, says U of T study

Luke Simcoe
Metro | Toronto

It turns out cars are harmful to cyclists in more ways than one.

Four cyclists were killed last year in crashes with cars on Toronto streets. But, University of Toronto researcher Marianne Hatzopoulou says cars' tailpipes are nearly as dangerous as their fenders.

Her work shows cyclists are particularly vulnerable to the risks posed by air pollution — higher levels of breast and prostate cancer being among them.

Cyclists, she said, "tend to have higher breathing rates than other pedestrians, so whatever they're inhaling is going deeper into their lungs."

It's a reminder that encouraging healthy urban environments means more than adding cycle tracks and bike lanes, said Hatzopoulou, a civil engineering professor.

"We're encouraging densification and also encouraging all modes of active transportation, but we've done nothing to reduce the number of cars on the road," she said. "So all we're doing is putting cyclists and pedestrians closer to the pollution."

While in Montreal, Hatzopoulou outfitted cyclists with air quality monitors and sent them pedalling across 600 kilometres of bike paths. She discovered popular cycling routes were among the "most polluted" roads in the city.

Hatzopoulou has compiled similar data in Toronto and created an app that lets cyclists plan cleaner commutes. She's also launched a survey to understand whether cyclists would change their behaviour if they knew just how polluted the air along their favourite route is.

Tracking air pollution in a city like Toronto can be tricky, but Hatzopoulou said particulate matter tends to gather in the corridors between tall buildings.

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DavidsTea in hot water over "on-call" shifts to control labour costs in U.S.

'Major victory' for local activists

BLACK LIVES MATTER

An inquest will be done into the death of Andrew Loku

Luke Simcoe
Metro | Toronto

Leaders of Toronto's Black Lives Matter movement have ticked another box off their list of demands to city and provincial officials.

"In the midst of all this grief and frustration, this is cause for celebration," co-founder Sandy Hudson said Wednesday, moments after the provincial coroner announced an inquest into the death of Andrew Loku.

"We camped outside for two weeks, we demanded action and this was one of our major requests. It's a major victory."

Loku, 45, was shot to death by police in July inside a building leased by the Canadian Mental Health Association. According to the Ontario Special Investigations Unit, Loku was wielding a hammer at the time.

His death became a rallying cry for Black Lives Matter, with many suggesting the case is emblematic of how police treat black people and those with mental illness.

Last month, the SIU announced the officer who shot Loku would not face charges. Black Lives Matter activists responded by occupying the square outside of police headquarters on College Street and issuing a list of demands. The encampment ended April 4 after Premier Kathleen Wynne met with the group.

Hudson said the inquest will finally give the public — and Loku's family — the chance to learn the details of his death.

"The inquest needs to take into account all the evidence the SIU has looked at in secret," she said.

"They need to look at that again and see how these incidents can be prevented."

CHECKLIST | Their demands

The inquest into Loku's death is the latest of Black Lives Matter's demands to have been met. Here's what they've asked for, what's been met (at least in part) and what's still outstanding.

✓ Adoption of the African Canadian Legal Clinic's demand for a coroner's inquest into Loku's death.

✗ Release of the name(s) of the officer(s) who killed Andrew Loku

✗ Charges laid against the officer(s) who killed Loku.

✓ A reversal to all city-mandated changes imposed on Afrofest, including its restoration to a two-day festival.

✗ Public release of any video footage from the apartment complex where Loku died.

✗ Commitment to eliminating carding, including deleting all previously recorded data, reframed regulations, consistent implementation of policy among various police boards, and concrete disciplinary measures for officers who continue to card.

✓ Overhaul of the Special Investigations Unit in consultation with families of victims of police violence, black community and community at large.

Sandy Hudson TORSTAR NEWS SERVICE FILE

Pictures of Andrew Loku were front and centre almost daily as the Black Lives Matter protest played out in front of Toronto police headquarters. TORSTAR NEWS SERVICE FILE

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Idle No More Toronto has occupied the offices of Indian Northern Affairs Canada in solidarity with Attawapiskat. FACEBOOK

Sit-in makes demands for Attawapiskat

FIRST NATIONS

Activists want PM to visit and heed youths' demands

A group of activists for indigenous rights is staging a sit-in at the Toronto offices of Indigenous and Northern Affairs Canada in solidarity with a remote Ontario First Nation struggling with a suicide crisis.

A live video feed set up by the Idle No More group shows a number of protesters inside the office, some holding up an upside-down Canadian flag.

A banner that reads "Attawapiskat First Nation" is also hung on the office wall.

Protesters took over the front lobby space of the office, housed in a building located in mid-town Toronto, hanging an upside-down Canadian flag at the reception desk and a flag of the Attawapiskat First Nation on a wall.

The group said they had two key demands — that Prime Minister Justin Trudeau visit Attawapiskat immediately, and that the demands of the youth of Attawapiskat, which include calls for better resources for young people, be met.

"When Trudeau says that he's going up there and that the demands of the young people who wrote this are being addressed and being taken seriously, then you're going to see us leave," said Sigrid Kneve, who had pinned a sheet with the youth demands onto her clothing.

Idle No More, a grassroots movement for indigenous rights, says it is acting in solidarity with Attawapiskat, which declared a state of emergency after seeing 11 suicide attempts this month.

Then on Monday, police helped thwart a suicide pact between 13 young indigenous people, including a nine-year-old.

+ OTHER CRISES

There have been several crises in Attawapiskat in recent years, including annual spring flooding, contaminated drinking water and a condemned schoolhouse built on the site of a massive diesel spill.

COURT

Stabbing suspect unable to appear at trial

Rohinie Bisesar is in the hospital and therefore not able to appear in court by video link, a jail guard told the court Wednesday afternoon in a surprise to the court, to the Crown and to her own lawyer.

Bisesar is accused of randomly stabbing Rosemarie Junor in a Shoppers Drug Mart in the underground PATH system in December 2015. She faces a charge of first-degree murder.

Her hospitalization comes two days after Bisesar delivered a concerning speech to the court by video from the Vanier Centre for Women in Milton where she said she had "something inside her" possibly put there by terrorists.

The jail guard was unable to tell the court the reason for the hospitalization, how serious it was, when it occurred or even what hospital Bisesar had been taken to.

During the brief appearance, Crown attorney Beverley Richards asked that Bisesar appear in court on Friday in person, before a judge.

The reason for the court appearance, arranged prior to the news of Bisesar being hospitalized, was not stated in court.

A first judicial pre-trial to discuss how the case will proceed was also set for May 19. At the last court appearance, Richards questioned why the defence had not allowed the case to progress.

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Rohinie Bisesar
TORSTAR NEWS SERVICE

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Veterinary records held for ransom

CYBERCRIME

Growing problem attacks local business

Jessica Smith Cross
Metro | Toronto

A veterinary technician in Toronto arrived at work last month to a surprise: A cybercriminal was holding her patients' medical records hostage.

"I was aware of ransomware through television, but I'd never heard of it occurring in real life," said the technician, who asked to remain anonymous out of concern for her clients' personal information.

But it's happening more and more.

According to a new report from Symantec, ransomware incidents increased 35 per cent last year, with an average of 1,641 ransomware attacks a day in Canada. That makes Canada the country with the fourth most ransomware attacks last year, according to Kevin Haley, director of security at Symantec.

Ransomware attacks involve a hacker breaking into a computer, encrypting important files and then demanding money — often in the form of Bitcoin — to unlock them.

The Toronto clinic's case is typical in almost every way — except it's not often that pets' medical records are the target.

In the first week of March, the clinic's patient files were changed from PDFs to an encrypted file format. At first the veterinary technician tried to fix the problem herself, and then a ransom note popped up on her computer demanding payment of $500 US, or the clinic would never have access to those files again.

The ransomware was likely downloaded when someone opened an email attachment that they shouldn't have, said the veterinary technician.

The clinic didn't end up paying the ransom, but Hayley said 39 per cent of ransomware victims do. Fortunately, IT specialists at the business were able to restore the files and wipe the affected computer.

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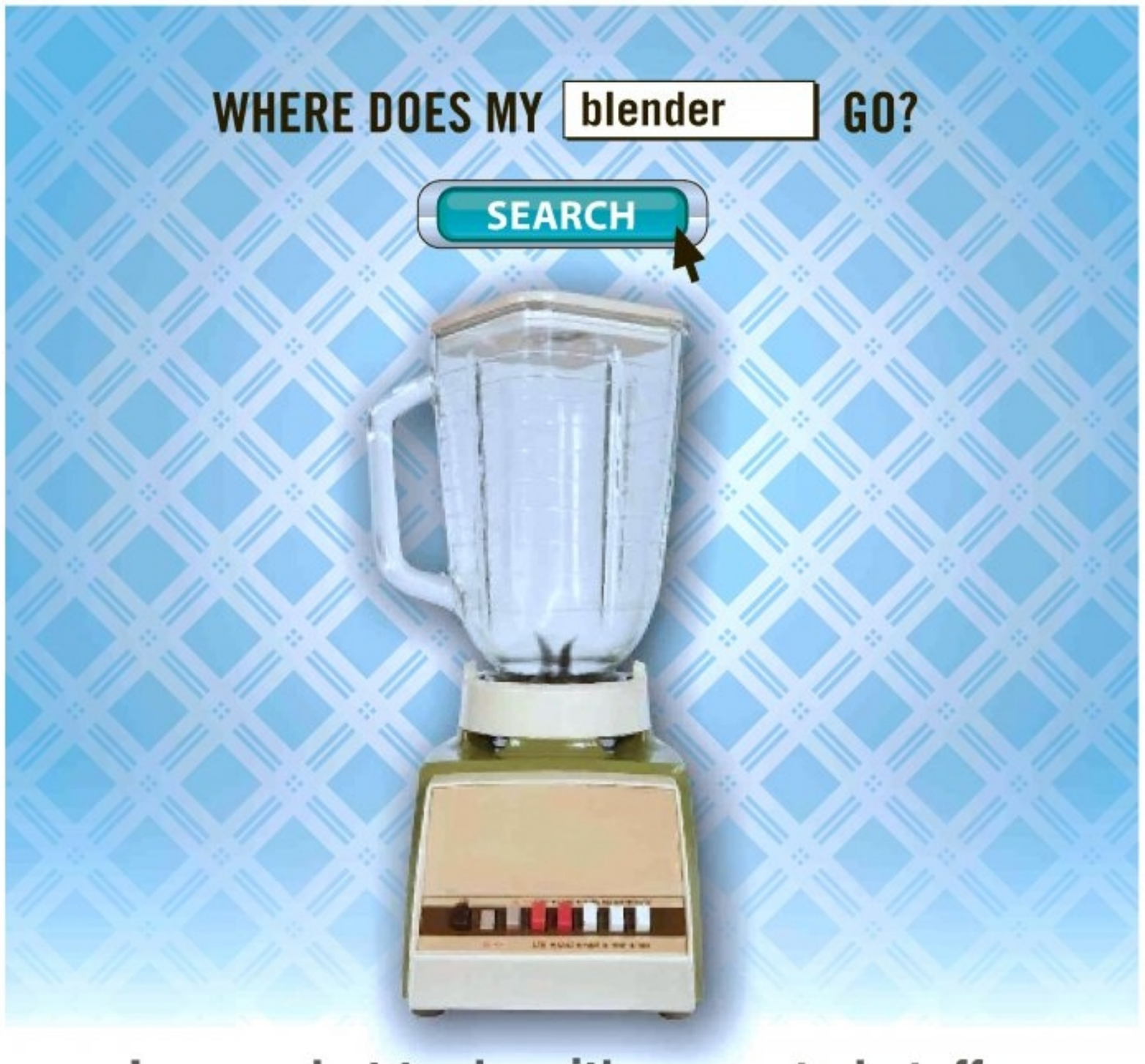

BLOOR ST.

Bike lanes great for business: group

Luke Simcoe
Metro | Toronto

A cycling advocacy group is touting a new study as proof that bike lanes on Bloor will help — not hurt — local business.

The study, done by Cycle Toronto's Ward 14 Advocacy Group, shows that out of 700 shoppers questioned only four per cent used a car to get to the West Queen West neighborhood.

"I was blown away. It was much lower than I thought it would be," said Cycle Toronto member Laura Pin, who spearheaded the survey.

Pin said 53 per cent of shoppers arrived on foot, while 19 per cent biked.

The city is debating the installation of bike lanes on Bloor Street, with politicians expected to vote on the issue April 25. The survey findings help counter the notion local businesses rely on vehicle traffic and on-street parking, Pin said.

Those arriving on two feet or two wheels also spent more on average than drivers, according to the survey. The study found 58 per cent of cyclists and pedestrians spend more than $100 a month in Parkdale, compared to 37 per cent of drivers.

The results were a surprise to business owners as well, Pin said.

POLICE

Tribunal told 'kettling' warrants a demotion

A high-ranking Toronto police officer found guilty of misconduct for ordering "kettling" of hundreds of protesters at the 2010 G20 summit should be demoted in rank for one year, the prosecution argued at a police tribunal sentencing hearing Wednesday.

Supt. Mark Fenton should face serious consequences for his orders to unlawfully arrest scores of innocent people — including the boxing-in of hundreds of people at the intersection of Queen St. and Spadina Ave. during a torrential downpour, said prosecutor Brian Gover.

Fenton was found guilty last year of two counts of unlawful arrest and one count of discreditable conduct.

A demotion would represent the loss of about $10,000 to $15,000 in salary, a "significant monetary penalty," Gover said. Fenton would be reinstated as a superintendent after the one-year demotion.

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CRIME

Man shot dead at Yonge and Bloor

One man is dead following a shooting near Yonge and Bloor Sts., Toronto police have confirmed.
Officers responded to the intersection shortly after 8 p.m. after multiple reports of gunshots. Police say they are currently seeking three suspects, all white males. One was seen wearing a white jacket, the second a baby blue jacket and the third had on a black jacket.

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Tulo batting with Canadian blood

BLUE JAYS

Great great great grandad born in N.S.: Ancestry.ca

Jessica Smith Cross
Metro | Toronto

At the Jays' next game, shortstop Troy Tulowitzki can sing along with the Canadian anthem with extra pride — it turns out his great, great, great grandfather was born in Nova Scotia.

Genealogy website Ancestry.ca has made a habit of exploring the lineage of celebrities and recently turned their sights on the Jays.

"We started looking at baseball players and we wanted to see how many had Canadian connections," said Lesley Anderson, Ancestry.ca's content specialist.

Troy Tulowitzki, of California, said this spring the transition to Canada has become easier. FRANK GUNN/THE CANADIAN PRESS

Tulowitzki hails from Santa Clara, Calif., but his four-times great grandfather David McKeen was born in Nova Scotia in the early 1790s, according to Ancestry.ca. He had seven children there, including Tulo's three-times great grandfather, Daniel McKeen, who became a veteran of the American Civil War, fighting for the Union.

Anderson said it's especially interesting to discover Tulowitzki's Canadian roots, because the shortstop spoke openly about having a rough time adjusting to Canada when he arrived from Colorado last season.

According to Ancestry.ca, Tulowitzki may have felt at home in Colorado because Daniel McKeen spent many years living in the Rocky Mountain State. Census records show five of his six children were born there.

Tulowitzki said this spring that the transition to Canada has become easier — perhaps he's found some kinship with two Jays stars with much stronger Canadian roots: catcher Russell Martin, who was born in East York, and right fielder Michael Saunders from Victoria, B.C.

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Tangled highlights art and disability

RICHMOND STREET

Gallery will be dedicated to exhibiting disabled artists

Gilbert Ngabo
Metro | Toronto

The country's first art gallery dedicated to artists living with disability is set to open in Toronto this spring.

Tangled Art Gallery (TAG) will soon open its doors at 401 Richmond St. in downtown Toronto. The gallery is an offshoot of Tangled Art + Disability, a project that's been staging temporary art exhibits by disabled people for the past 15 years.

"There isn't really a permanent space to see amazing work by disabled people anywhere," said the project's artistic director, Eliza Chandler. "We really wanted the community to find a proper place to engage with incredible art that's produced by people with disabilities."

The gallery is also a way to promote accessible curatorial practices. Visitors will be able to experience the exhibits through touch and audio description, so that it's not only left to the "fully-sighted to enjoy artistic creation," Chandler said.

Chandler hopes the gallery can reshape people's understanding of disability and show them how to enjoy art in a new way.

The opening exhibition, Constructed Identities, opens May 4 and features work by Canadian artist Persimmon Blackbridge. Her small sculptures made from wood and metal and represent different forms of disability, race and gender.

Panels of dolls from Constructed Identities by Persimmon Blackbridge. COURTESY DELLA MCCREADY

CHILDCARE

Ministry of education reconsiders changes

Parent outrage over proposed new child care regulations has prompted Education Minister Liz Sandals to reconsider the move.

"We have heard the concerns raised, and I want to be clear that the regulations, as posted, will not be implemented," Sandals told the legislature Wednesday.

"We will be taking another look at some of the proposed regulations and will be engaging with . . . the child care sector on a plan moving forward that makes changes to reflect the concerns that have been voiced," she said.

Sandals clarified the province's plans as Toronto's community development committee discussed a staff report that said more than 2,000 infant and toddler spaces would be lost — and parent fees would skyrocket — if the original proposal had gone forward.

The minister has said the proposed changes were necessary to accommodate 12-month maternity leaves and full-day kindergarten, which weren't in place when the current age groupings, group sizes and staff-child ratios were implemented.

But parents, daycare workers and academics were alarmed by provincial plans that would have seen 12-month-old babies cared for in toddler rooms and 2-year-olds moved into pre-school rooms with children as old as 5.

Toronto mother Lindsay Siple, president of the parent board at Plains Rd. Child Care Centre in the city's east end, said she is relieved Sandals is withdrawing the regulations as drafted.

But she is worried about what Sandals will put in their place.

"We don't want to see any changes to our age groups, group sizes and ratios. And it's not clear that's what she is saying," Siple said.

This is the third time in six years that the province has tried — and failed — to make essentially the same changes to daycare age groupings, group sizes and staff-child ratios, noted child care expert Martha Friendly of the Childcare Resource and Research Unit. TORSTAR NEWS SERVICE

Lindsay Siple, president of the parent board at Plains Rd. Child Care Centre. KEITH BEATY/ TORSTAR NEWS SERVICE

Progressive Conservative MPP Jack MacLaren is pursued by reporters over his latest gaffe. TORSTAR NEWS SERVICE

Tory in hot water again

POLITICS

Testimonials on MacLaren's website found to be fakes

Pressure is mounting on Progressive Conservative Leader Patrick Brown to discipline Jack MacLaren after the controversial MPP was forced to remove fake testimonials from his official website.

MacLaren, who had to apologize last week after it was revealed he humiliated a female Liberal MP with a sexist joke at a cancer fundraising dinner in Carp, Ont., is in trouble again.

The Ottawa Citizen discovered the Carleton-Mississippi Mills MPP had adorned his official website with praise from phoney "constituents."

"Thanks for everything you did to help me resolve my problem with the Ministry of Transportation," said "Darren," from Mississippi Mills, Ont., beside his alleged photograph.

But the Citizen found "Darren" is actually Sam Muirhead, a New Zealand-born software developer who lives in Berlin.

Muirhead told the newspaper "unless I have a secret evil Canadian twin, Darren does not exist."

There was also a discrepancy over "Scott" from Almonte, Ont.

The photo of "Scott" was taken by a photographer in the Netherlands and has been swirling around the Internet for almost a decade.

Another testimonial, credited to "Kaydee," gushed, "You're amazing! I hope you're having a great summer — you sure are busy!"

After the embarrassing story was published Tuesday night, a new message popped up on the Tory MPP's website.

"Disclaimer: In order to maintain the privacy of constituents, stock photos and generic names have been used," it said beneath the six testimonials from "constituents" represented by a telegenic, multicultural group of headshots.

Hours later the offending page was removed and MacLaren issued a terse apology.

TORSTAR NEWS SERVICE

A testimonial, since removed, on the personal website of MPP Jack MacLaren in this recent screenshot. THE CANADIAN PRESS

LGBTQ COMMUNITY

S. Asian parents start Peel PFLAG chapter

Vijay Agarwal was turned down by seven Hindu priests in the GTA before he finally found one who agreed to perform his son Rishi's wedding.

"They initially said yes and as soon as they found out that it was a gay wedding, they turned away," Vijay remembers.

Rishi and his partner, Daniel Langdon, were eventually married at an Oakville golf course in 2011, in the only Hindu same-sex wedding they had ever been to.

But it's because of attitudes like those of the priests that Vijay and his wife Sushma have decided to launch a new Peel chapter of PFLAG (an organization for parents, families, friends & allies of the LGBTQ community). It's open to everyone but especially targeted at the South Asian community in Brampton and Mississauga, where LGBTQ kids sometimes face closed minds.

It's something Vijay and Sushma Agarwal say they could have used 12 years ago, when Rishi sat them down in the family room of their Oakville home to tell them he was gay.

Rishi Agarwal and Daniel Langdon at their wedding in 2011. CHANNA PHOTOGRAPHY/ TORSTAR NEWS SERVICE

They hooked up with the Toronto PFLAG chapter and went to a support group, reading everything they could get their hands on and sitting through several educational films.

The parents is now fully supportive of their son and hope sharing their story and starting the PFLAG chapter can help other South Asian parents.

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Assistant professor Keekyoung Kim, left, examines a tissue sample with UBC research student Zongjie Wang. CONTRIBUTED

Bio ink put in new light

MEDICINE

UBC scientists develop tissue printing with less cancer risk

Tereza Verenca
For Metro | Vancouver

Biological 3D printing just got a whole lot safer, thanks to a group of UBC researchers.

Keekyong Kim, an assistant professor of engineering at UBC's Okanagan campus, has developed a new type of "bio-ink" used in the 3D printing of tissues.

During stereo lithography — a 3D printing process that allows for the creation of materials on a layer-by-layer basis — cells are combined with biological ink. It then transforms into a bulkier gel-like material called "hydrogel" when exposed to light.

That gel acts like a scaffold, allowing the bone or tissues to regenerate in the desired shape.

But rather than use traditional UV light, Kim has created a new compound that reacts with conventional light — the stuff that comes out of a light projector bought from Walmart.

"UV light has been used for a long time, but it does DNA damage and causes cancer," he told Metro during a phone interview. "By developing our own bio-ink, we can create bone, cartilage and tissue without the risk that we will make the cells sick in the development process."

It's also about "10 times cheaper" to manufacture than its UV-based counterpart, Kim added.

SYRIA

Aid secrecy needed: Minister

Keeping secret the names of agencies inside Syria receiving millions in Canadian aid money is part of a commitment to keep Canada's military and development objectives separate, the international development minister says.

Marie-Claude Bibeau said none of the funds are going directly to Islamic militants — a concern the opposition Conservatives have raised in recent weeks.

"These partners are focusing on civilians, there is no doubt about it," she said.

The Liberals announced $100 million in aid for programs in Syria, Iraq, Jordan and Lebanon on Wednesday, with $32 million coming from a program launched last fall that saw the government pledge to match donations from Canadians to Syrian relief.

The matching funds will be given to UNICEF to support education and vaccination. The remaining $68 million is being divvied up, with $23.5 million to be spent in Syria on projects including helping farmers, support for survivors of sexual violence, provision of primary health care and the establishment of field hospitals. The World Food Program will receive $11.35 million, but the government won't name the rest of the agencies receiving funds, citing security concerns.

Access for humanitarian groups inside Syria has been a major issue; this week, the U.S. accused the Syrian government of preventing aid deliveries to besieged areas of the country, in contravention of UN regulations.

Naming the groups that get Canadian funding puts them at risk, Bibeau said.

"When they are linked to a donor, to an ally, to one party or another, they become targets," she said. THE CANADIAN PRESS

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Canada is unequal for kids: UNICEF

EQUALITY

Report ranks this country 26th out of 35 nations

Among the world's rich countries, Canada is one of the more unequal societies for children, according to a new UNICEF report on the well-being of young people.

"In the international Olympics of child well-being, there isn't much to celebrate," UNICEF Canada said in a companion analysis released Thursday.

David Morley, president and CEO of UNICEF Canada, told Torstar News Service "we need to make some investments" because "if we make things better for our poorest children, it makes them better for our society and builds the kind of society we want to think we are."

The global report, UNICEF's Report Card 13: Fairness for Children, focused on what is called "bottom-end inequality" — how far the poorest children are allowed to fall behind the average of their peers.

It looked at the difference in four key areas — income, health, education and life satisfaction — between those children at the bottom 10 per cent of family income and those in the middle.

In 2013, Canada ranked 17th out of 29 affluent countries. In this latest study, Canada is 26th out of 35 nations.

"Canada is one of the more unequal societies for children," said the UNICEF Canada report titled Fairness for Children: Canada's Challenge. "The growing gaps suggest that life is becoming more difficult for the most excluded children as social inequality has widened."

Alarmingly, Canada has one of the highest proportions of children reporting very low life satisfaction, which is associated with poor mental health and risky behaviour.

For indigenous and racialized communities, especially, there is a sense of "being beyond the fringe, not even on the fringes," Morley said.

TORSTAR NEWS SERVICE

KEY FINDINGS

- **Most areas of child well-being** showed no improvement in Canada over the last decade.
- **The poorest children** in Canada have family incomes 53 per cent lower than the average child.
- **Boys and girls are "differently" unequal**, with boys more likely to fall behind in education, girls more likely to fall behind in health and life satisfaction.

Bugs might be a diet staple in most parts of the world, but the thought of munching on insects is enough to make many Canadians squirm. FRED THORNHILL/THE CANADIAN PRESS

FOOD

'Massive value' to eating bugs

Bugs might be a diet staple in many parts of the world, but the thought of munching on insects is probably enough to make most Canadians squirm.

Yet three brothers think it's time for people in this country to get over their squeamishness and eat the nutrient-rich creatures.

"If you want your relationship with food to be one where the food you eat enhances your life, enhances your wellness and helps you live longer, then you should consider insects. And at the same time they help the planet," says Jarrod Goldin, president of Entomo Farms, which raises crickets and mealworms for human consumption in Ontario.

"If you don't care about living longer and your health and all you want to do is drink pop and eat Doritos, then God bless you, go right ahead. It's not for us to preach or try to convince.

"There is a massive, massive value to eating insects, massive value, for people, for their children, for their families."

THE CANADIAN PRESS

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After months of training with the neural bypass system, 24-year-old Ian Burkhart, a quadriplegic, can make isolated hand and finger movements and perform functional tasks. AFP/GETTY IMAGES

New tech hailed as breakthrough

SCIENCE

Neural bypass system restores a patient's use of his hand

Ian Burkhart was 19 and fresh out of his first year of university when he dove into a shallow wave on vacation with friends. He hit a sandbar and broke his neck, catastrophically damaging his spinal cord. Doctors told Burkhart he was quadriplegic: he could move his shoulders, but he would most likely never move his hands or legs again.

Three years later, in a laboratory at the University of Ohio, researchers wrapped a neuromuscular electrical stimulation cuff around Burkhart's forearm. The cuff was connected to a "neural bypass" system, which learned to decode signals from sensors in his brain. Burkhart thought about moving his hand, and for the first time since his accident, he moved it.

After 15 months of training with the system, Burkhart can use it to make isolated hand and finger movements and perform functional tasks, like grasping and swiping a credit card. He can even play Guitar Hero.

Researchers from Ohio State University, the Feinstein Institute for Medical Research and the Batelle Memorial Institute, describing the advance in a paper in Nature published online on Wednesday, believe it is the first time a human has gained use of paralyzed muscles using signals from their own brain.

That first hand movement "was really just like that flicker of hope: this is something that's working. I will be able to use my hand again," Burkhart said. "Right now it's only in a clinical setting, but it's something that with enough people working on and enough attention can be something I can use outside of the hospital, at my home, outside of the home, and really improve my quality of life."

Researchers not connected to the study welcomed the advance, but cautioned that it could be years before technology like this might be able to help others. Burkhart underwent brain surgery to implant the microelectrode array, and his skull must be tethered to devices in a laboratory in order for the system to work.

The researchers are now focusing on shrinking the system and making it more intuitive, so Burkhart, and potentially other patients, can use it outside the lab. TORSTAR NEWS SERVICE

IN BRIEF

UN aims at extremists' use of chemical weapons

Russia and China introduced a UN resolution Wednesday aimed at keeping extremist groups from developing chemical weapons in Syria.

THE ASSOCIATED PRESS

China gay rights movement makes gains

A judge ruled against a gay couple in China's first same-sex marriage case Wednesday in a landmark moment for the country's emerging LGBT rights movement.

THE ASSOCIATED PRESS

TEXAS

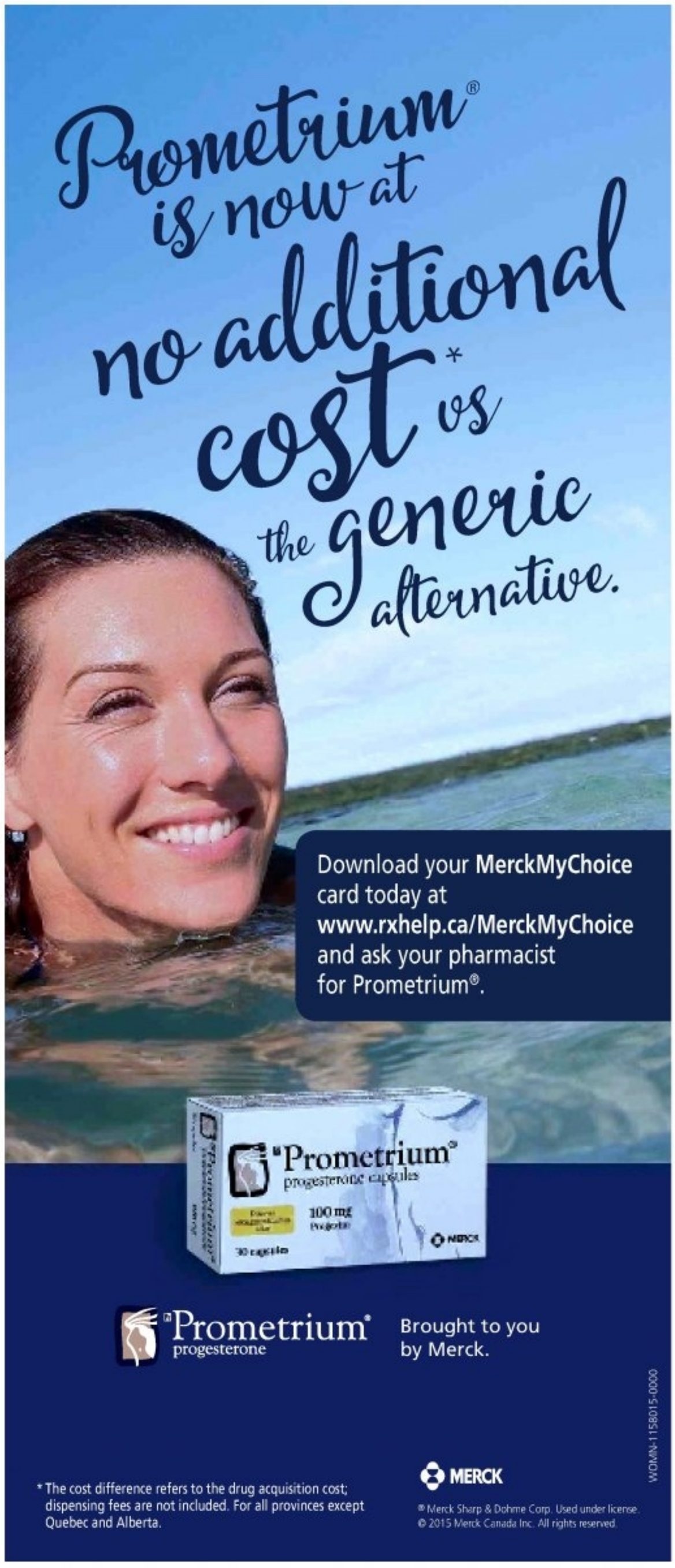
'Affluenza' teen gets nearly 2 years in jail

A judge on Wednesday ordered a Texas teenager who used an "affluenza" defence in a fatal drunken-driving wreck to serve nearly two years in jail, a surprising sanction that far exceeds the several months in jail that prosecutors initially said they would pursue.

Ethan Couch, who was appearing in adult court for the first time after he turned 19 on Monday, received 180 days for each of the four deaths in the June 2013 crash.

Initially, state District Judge Wayne Salvant said he would not immediately rule on how much longer Couch would spend in the Tarrant County jail. But he reconsidered his ruling after hearing an argument from prosecutors that Couch should be sentenced not to 120 days in jail for the crash, but to 180 days for each of four counts of intoxication manslaughter under a separate part of Texas code.

THE ASSOCIATED PRESS



Spending boost to spur growth: BoC

ECONOMY

Central bank projects GDP to expand 1.7%

The Bank of Canada says the federal government's multi-billion-dollar spending boost has uplifted what would have been a modest downgrade to its economic growth forecast this year.

The central bank also kept its trend-setting interest rate locked at 0.5 per cent Wednesday.

The bank expects the federal investments of about $25 billion over the next two years to more than offset the negative consequences of a slightly stronger dollar, weaker-than-expected global growth and shrinking investment in the oil sector.

It is now predicting the country's real gross domestic product to expand by 1.7 per cent in 2016, up from its January expectation of 1.4 per cent.

The bank said unexpectedly strong growth in the first three months of 2016 was partly due to temporary factors and that is expected to fade with the loonie's recent rise and slower international demand.

0.5%

The Bank of Canada kept its trend-setting interest rate at this number.

"The combined effect of all these global and domestic developments would have been a modest downgrade of the bank's outlook," the bank said in a statement that accompanied the latest release of its quarterly monetary policy report.

"However, the fiscal measures announced in the March federal budget will have a notable impact on GDP."

It is now predicting first quarter GDP to register 2.8 per cent, up from one per cent. It's also anticipating one per cent growth in the second quarter of 2016, down from the January forecast of 2.2 per cent.

Using the same baseline numbers in Ottawa's recent budget, it projected federal and provincial government spending to combine to contribute 0.5 percentage points to growth this year and 0.6 percentage points in 2017. The impacts of provincial measures are expected to be minimal.

But even with the government lift, the bank lowered its 2017 growth projection to 2.3 per cent from 2.4 per cent. That's because non-resource exports, while strengthening, aren't expected to be as robust as previously thought due to the recent increase in the dollar.

Following the announcement, CIBC chief economist Avery Shenfeld wrote in a note that governor Stephen Poloz had no choice but to raise the 2016 forecast since his boss, Finance Minister Bill Morneau, has been "touting the benefits of fiscal stimulus" and because the economy saw surprisingly sturdy GDP growth in December and January. THE CANADIAN PRESS

AMAZON'S NEW KINDLE

The e-commerce giant's latest e-reader, Kindle Oasis, is its smallest and lightest, and also the most expensive at $290 US. Here's what's new about the device. THE ASSOCIATED PRESS

LIGHTWEIGHT
The Kindle Oasis is 30 per cent thinner and 20 per cent lighter than previous Kindles.

CHARGE IT UP
The Kindle Oasis **features two batteries** — one in the e-reader and another in its cover — which together stretch the battery life to 9 weeks of "regular" reading (30 minutes a day by Amazon's definition) or months on standby. The Oasis and its cover charge simultaneously via one port.

GET A GRIP ON IT
The device is asymmetrical, with a grip on one side for one-handed reading. If you are left-handed, you can just flip the device over.

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Thursday, April 14, 2016

CHANTAL HÉBERT ON MULCAIR'S CURIOUS CONVENTION

Given the result of the vote, most leaders would have issued a terse farewell and been on their way. But Mulcair offered to be the party's caretaker for up to two years.

By the time he stood at the podium to address the NDP convention Sunday morning, Thomas Mulcair must have known he was in deep and likely irreversible trouble

It took little more than a minimum of political acumen to pick up the negative signals that preceded the vote on whether to seek a new leader. Mulcair did not lack for antennas in the corridors of the convention.

Upon arrival in Edmonton on Thursday, a longtime NDP insider told me Mulcair could hope at best to win the vote with 55 per cent. The support of such a slim majority of delegates would have left him well short of the mark he needed to reach to have the legitimacy to stay at the helm. Presumably, the outgoing leader had access to the same sobering assessments of his prospects.

If he ever had any illusions that the 70 per cent-plus confidence vote he was seeking was in the bag, he had to have lost them some time before he finally faced the music on Sunday.

As the convention progressed, Mulcair and his team must have noted that things were taking a turn for the worse. The momentum for a leadership campaign grew with every passing hour, with fewer and fewer New Democrats willing to challenge the case for replacing the leader.

A politician as seasoned as Mulcair wouldn't have thought a single speech would turn the tide or that the meandering address he was about to deliver was up to such a Herculean task.

It is even harder to imagine his inner circle did not at least present him with options that would have spared him a public humiliation and, possibly, left him with a shot as keeping his job.

In the weeks, days and hours leading up to the vote, Mulcair was still in control of his destiny. On the way to the podium, he still had course-altering alternatives at his disposal.

As late as last week he could have signalled his intention to oversee a 24-month transition to a successor. In the summer of 2002, then-prime-minister Jean Chrétien did just that, setting a date for his retirement more than a year before his actual departure rather than fend off an attempt to drive him out at a Liberal national convention. That paved the way to a dignified exit.

Alternatively, there was a middle ground between losing the vote and stepping down to pre-empt it.

Even as late as Sunday morning, Mulcair could have regained control of the agenda by telling delegates he had resolved to ask the party to organize a leadership convention and planned to run for his own job.

After all, even in the best-case scenario, a decent score on the weekend would have signalled only the beginning of another campaign to survive another convention vote in two years. Would it have been worse to take on real-life rivals in a full-fledged contest than to spend the next few years fighting shadows?

Yes, former Tory leader Joe Clark and the Canadian Alliance's Stockwell Day both took that particular route and it led them to a wall. But every situation is different. As the prospective leadership field looks now, Mulcair would have stood head and shoulders above the competition.

As time went on this weekend, it became less and less clear what the NDP leader's end game was.

It would have made strategic sense for Mulcair to allow, as he did, events to take their course to their inevitable conclusion on Sunday if he has come to simply want to put the leadership chapter of his life behind him. But it seems the opposite is true.

Given the result of the vote, most party leaders standing in his place would have issued a terse farewell and been on their way to pursue less thankless challenges. Instead he immediately offered to act as the party's caretaker for up to two years.

Mulcair must be a glutton for punishment. Some even believe he could be amenable to being drafted to run for the job he just lost. That sounds crazy but no more so than some of the choices made in Edmonton. Rational calculations — as recent events have demonstrated — are not always at the root of political decisions.

Chantal Hébert is a national affairs writer. Her column appears in Metro every Thursday.

As time went on this weekend, it became less and less clear what the NDP leader's end game was.

THE MICROTREND: Riding in cars without boys

If you think this whole ride-sharing fad is going away any time soon, you're in for a pretty long wait. We're deep in the Uber era and nothing the taxi industry or municipal governments do will change that. On the other hand, nothing that Uber, Lyft, et al do will change the indisputable and chilling fact that female riders and drivers have been harassed, some have been physically harmed and many feel unsafe. In this light comes Chariot For Women, a startup ride-sharing service with an almost elegantly simple solution: No men allowed. When the service debuts in Boston next Tuesday, all drivers will be female, and no ride requests from males over 13 will be accepted. Transgender women will be welcome to use the service. SOURCE: VOX

ROSEMARY WESTWOOD

On reserves, the state of emergency never actually ends

If 11 suicide attempts in a day in a community of 1,500 people isn't a state of emergency — as declared by Attawapiskat's chief on Saturday — nothing is.

Certainly, alarm at the crisis in the northern Ontario community has been widespread, among indigenous, provincial, and federal leaders, national and international media.

But by their very nature, states of emergency are last-ditch efforts for help. They are short-term, flashes-in-the-pan of attention.

Flying in band-aid resources, such as non-permanent counsellors, to handle the fallout is certainly necessary. But everyone knows it offers zero long-term hope.

Indigenous suicide is not like flood waters that will recede. They have not appeared like a freak storm. It's a persistent and devastating phenomenon which must be actively scrubbed from indigenous communities, along with the idea that responding to a state of emergency is in any way sufficient.

It is not. To begin with, an indigenous state of emergency isn't very powerful. For the federal government, a state of emergency frees up power and money to be wielded at the government's whim. For reserves, a state of emergency is a cry for help, from a disempowered group to a powerful one. It doesn't grant a reserve more power or wash it in money.

Nevertheless, states of emergencies have become the crutches of government, the method by which ministers express concern for indigenous lives, the mechanism for meagre resources. The reliance on states of emergency almost presupposes the cyclical nature of various crisis on reserves, the pendulum forever swinging from bad to very bad.

It is particularly vile that states of emergencies on reserves are almost synonymous now with suicide spikes. And yet, suicide is not what states of emergency were designed for — at least according to the government's own documents. While fires and floods and all manner of natural disasters are mentioned in INAC's Emergency Management Plan for states of emergency on reserves, suicide is not. And while the policy rightly gives equal weight to preventing emergencies as to responding to them, we can see how effective suicide prevention has been.

I wish we could recast "states of emergencies" into more accurate language. Like: "spike in suicides higher than the regular, terrible suicide rate stemming from centuries-long discrimination and also a lack of humane, basic services, like water." Or: "state of crisis even more severe than usual, warranting extra media/government attention until it subsides back down to the usual state of crisis."

At least then the hypocrisy would be clear.

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INTERVIEW

Biography follows her life long before campaign trail

With another Clinton running for the U.S. presidency, a new release about her life is timely.

Hillary Rodham Clinton, A Woman Living History, by Karen Blumenthal is categorized as a Young Adult book, but like so many YA books is sophisticated, clear and completely suitable for adults.

This Q&A with author Karen Blumenthal reveals just how sophisticated the insights in the biography are.

You quote Mario Cuomo, former governor of New York, who said "You campaign in poetry. You govern in prose." You note Hillary has the prose part down but her campaigning lacks finesse.

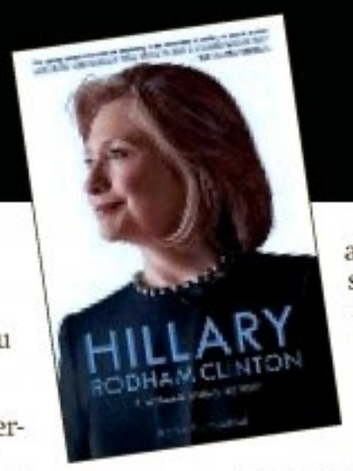
I was so excited when I found that quote. It had been used in a different context, to describe Bill Clinton, who is the master of poetry in campaigning, perhaps the best campaigner of my generation. But it spoke to me in terms of Hillary. She is very good at the prose but she has even admitted she isn't a natural campaigner.

Hillary has always realized that about herself. When she became the governor of Arkansas' wife she began to understand that she couldn't do certain things.

That is one of the more revealing sections about her in the book. She gave a speech that is very powerful where she talks about thinking how they would both go off to work together in the morning. She would go to her law office and he would go to the governor's office. And they would return for dinner and talk about their day, just two professionals in a marriage. As smart as she is, she had to learn that being a politician's wife is not the same as being a lawyer's wife.

She has so much baggage, not just the stuff that Bill has loaded on her for years, but her own issues: using her personal email for government work while she was secretary of state, for example.

She certainly does things that seem dumb, for lack of a better word. She does seem to lack savvy. What would you expect the outcome would be of using your personal email (for work purposes) or of refusing to engage with the press? Those were not accidental choices, those were very intentional choices. Those things have created trust issues that are real.



Hillary has wanted to be president for a very long time. It's interesting that the wife of a former president is running for the same office he held.

She is not just a president's wife. She is a highly competent, highly qualified female politician whose life was really changed by her time in the White House. That was her transformative moment, to go through the Monica Lewinsky scandal as the partner of Bill Clinton.

To me the most interesting moment, and I didn't know about this until I started researching, but six weeks after Bill went public and admitted to the nation and to her that he lied, some Democratic women show up at her office, not to console her or support her, but to tell her they need her to get on the campaign trail because Bill Clinton is not going to help the Democrats through the 1998 (midterm) election.

She goes to help these candidates get elected. Out of that experience she realizes she is not just a first lady, she is a politician in her own right. And after that she becomes senator, she becomes a presidential candidate, she becomes secretary of state. This is a whole different dynamic than we have seen from any first lady.

She does seem to be a magnet for controversy.

One of the reporters who followed her in the New York (Senate) campaign had an interesting observation: "When she answers questions you don't feel you are getting the whole answer." I don't think she thinks she is holding back; I think she does think she is answering. There is a discomfort for people who believe politicians can't be trusted.

I want to go back to your question about what did surprise me researching this book. I didn't expect that I would be covering the history of the last 50 years. Her life has almost been a front row of history. As a teenager she meets Martin Luther King in the 1960s; she was at college from 1965 to 1969, at the beginning of the women's movement, the middle of the civil rights movement, the escalation of the war in Vietnam. She is in New Haven, Conn., (studying law at Yale) when the Black Panthers go on trial there.

She works for the Judiciary Committee looking into the impeachment of Richard Nixon. She is the first lady during the Oklahoma bombing and a New York senator during 9/11. Telling her story is telling the history of America in the last 50 years.

TORSTAR NEWS SERVICE

She does seem to lack savvy. What would you expect the outcome would be of using your personal email (for work purposes)?
Karen Blumenthal, biographer

Getting schooled on Hillary's history

GETTY IMAGES

COMICS

Oldest profession gets graphic

Mary Wept Over The Feet of Jesus
BY: Chester Brown
PUBLISHER: Drawn and Quarterly

Mike Donachie
Metro | Canada

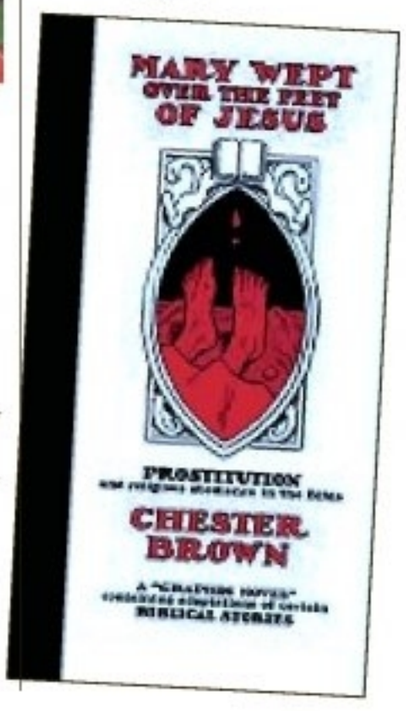
Canada's most intriguing graphic novel creator is back, and he's got something to say, as usual.

Chester Brown's latest book is called Mary Wept Over The Feet of Jesus, with the subtitle Prostitution and Religious Obedience in the Bible. Like his last offering, Paying For It, it covers some difficult and controversial topics, and includes the open admission that Brown pays for sex.

Last time, he described his own experiences. This time, he adapts selected Bible stories, including the prodigal son and Cain and Abel, to make an argument that prostitution should be acceptable now, and was acceptable in the times depicted.

Whether you agree or not, this book is remarkable. Brown's simple line art is beautiful, the narrative is interesting and the item itself is a neat little hardback filled with annotations and text arguments.

Frankly, Brown's work is odd and challenging. But his powers as a cartoonist and storyteller make him impossible to ignore.



Beyond the role of 'Mexican Hooker #1'

CARMEN AGUIRRE

Author transcends her trauma in new memoir

Sue Carter
For Metro Canada

It seems appropriate to be speaking to Carmen Aguirre while she's out on the road. But her hotel room in London, U.K., where she is in town for a book tour, is a world away from the nomadic childhood she spent on the move after General Augusto Pinochet's brutal 1973 coup forced her family to flee their home in Chile.

Aguirre's first memoir, the best-selling Something Fierce: Memoirs of a Revolutionary Daughter, documented her family's years on the run, followed by her own decision at age 18 to join the underground resistance against Pinochet. In 2012, Something Fierce won CBC's books competition Canada Reads, in what was perhaps its most controversial and heated debate to date, when a panelist, Quebec lawyer Anne-Francis Goldwater, declared Aguirre a "bloody terrorist."

While it's clear from Goldwater's comment that it's difficult for many to empathize with what it must have been like to witness that kind of violence at such a young age, Aguirre's recollections in the book of being a teenager — coveting the cool pair of shoes and wanting to hang out with cute boys — also made her story relatable as a coming-of-age tale.

Sadly, there will be readers who relate to some of the themes and events in her follow-up memoir, Mexican Hooker #1: And My Other Roles Since the Revolution, which details her life after a horrifying attack at age 13 by John Horace Oughton, the serial rapist known as Vancouver's Paper Bag Rapist.

When Aguirre initially set out to write Mexican Hooker #1, published by Random House Canada, she says she wanted to "explore her creative journey" as a performer, playwright and theatre director.

"I had no intention of making the rape the focus of the book," she says. But her growth as an artist was in many ways directly connected to the trauma she experienced as a child.

> **I had no intention of making the rape the focus of the book**
> Carmen Aguirre

Aguirre knew she wanted to be an actor since she was three years old, after her parents took her to a circus and she became mesmerized by a performer riding on a galloping white horse. It wasn't until years later, at theatre school in Vancouver during an intense acting class, that she had a flashback so powerful the director insisted she enrol in therapy.

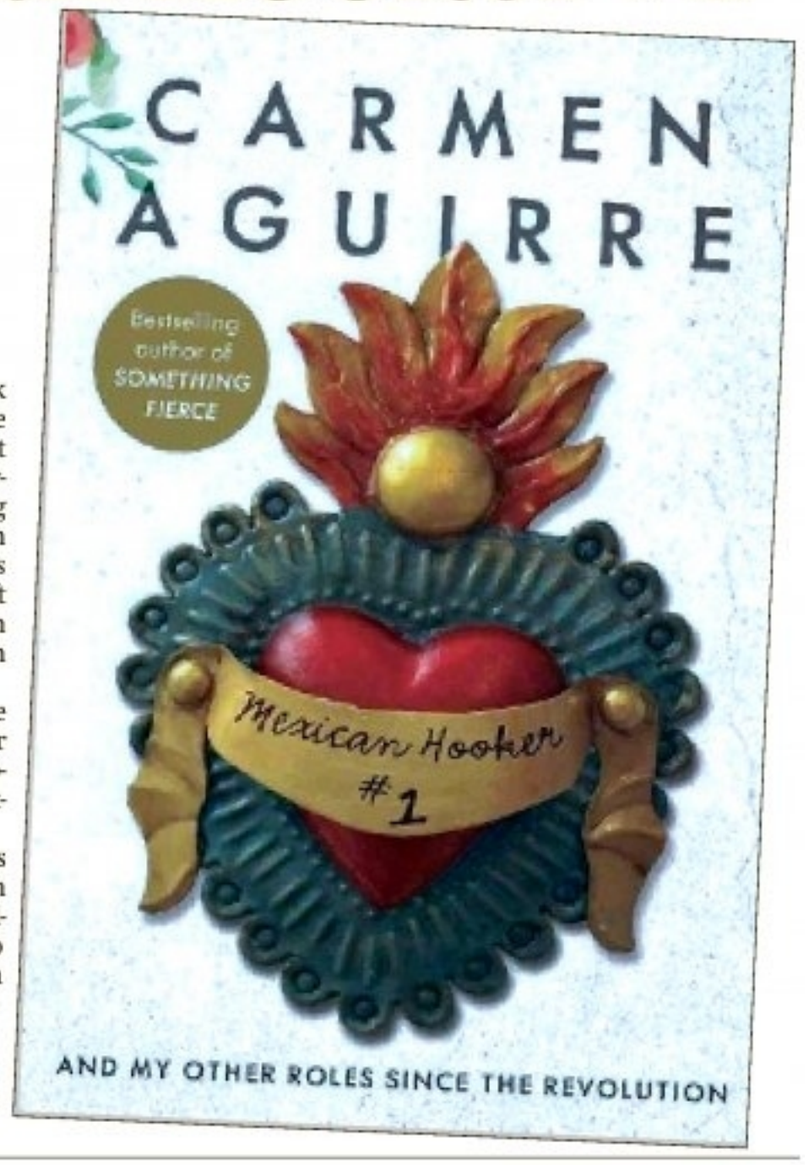
After years of work, both personal and professional, Aguirre found strength in the theatre, choosing to develop her own productions rather than being cast in stereotypical roles for Latina women, like Mexican Hooker #1, and as a workshop facilitator, helping others to overcome trauma through dramatic arts.

It seems appropriate that Mexican Hooker #1 also travels back and forth in time, as Aguirre slowly and deliberately lays out the details of her rape and recovery, and finally her astonishing face-to-face confrontation with Oughton more than 30 years later, which she says has left her feeling more compassion for the man most would deem a monster.

And although she didn't write the book as therapy for herself or others, she has already been approached by other victims wanting to share their experiences.

But ultimately, Aguirre says Mexican Hooker #1 is more than just a single story and a reminder that there's much more to this woman than her past as a teenage revolutionary or rape survivor.

Sue Carter is the editor at Quill & Quire magazine.



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KATE DICAMILLO
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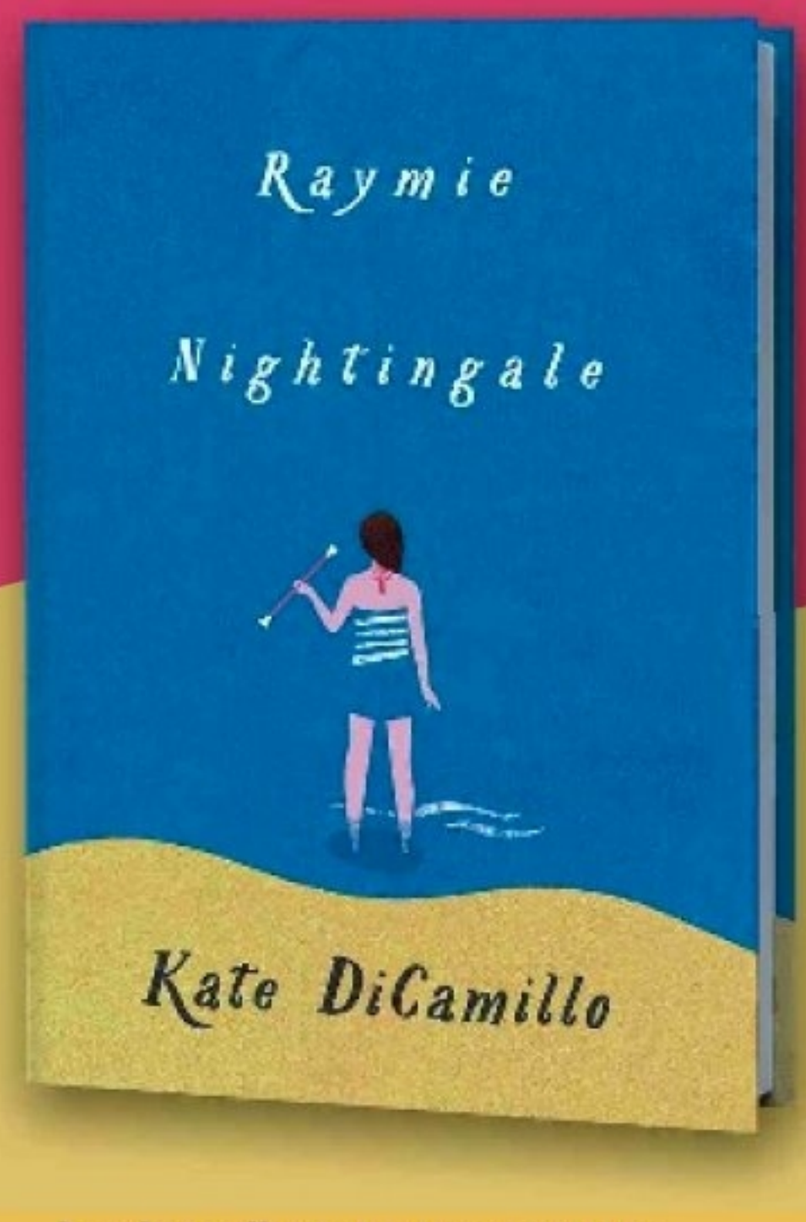

"Raymie Nightingale is beautiful, a celebration of life, as are all [Kate DiCamillo's] books."
—DEAN KOONTZ

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Tina Fey's genius shines through

THE SHOW: Unbreakable Kimmy Schmidt, Season 2, Episode 5 (Netflix)

THE MOMENT: The show tunes

Titus (Tituss Burgess), a would-be cabaret performer, commandeers a discarded piano, and anything his roommate Kimmy (Ellie Kemper) or their landlord Lillian (Carol Kane) say prompts him to sing snippets of little-known musicals.

"That reminds me of the Helen-Keller-inspired but unauthorized musical Feels Like Love," he says, then croons, "Does he even see me, is he screaming my name? Is this him or a mop or a chair or a cop — sad to say but to me feels the same."

Later he sings a lament ("If I had my way, Richard, I would die alone, eaten by birds, digested by birds, shat out by birds, alone") from "Steven Sondheim's Pinocchio;" and duets with Lillian from "Gangly Orphan Jeff, the ill-fated musical that opened six days after Annie."

Free of the bunker plots that dominated season one, show creator Tina Fey is now concentrating on the subject dearest to her heart: New York City and the eccentrics who populate it. Especially the plucky but deluded people who orbit the fringes of show biz. Fey's genius is taking something we accept as normal, and showing us how odd it is. And the lyrics are hilarious.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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Mental-health charity slams Stephen Fry

In a critical statement, the mental-health group Mind said Stephen Fry was 'giving his own views ... on freedom of speech.'

GLYN KIRK/AFP/GETTY IMAGES

CONTROVERSY

British comedian told rape victims to 'grow up'

Rebecca Williams
Metro Life

Mental-health charity Mind has responded after comedian and actor Stephen Fry made comments about "self-pitying" rape victims.

The charity, of which Fry is a honorary president, released a statement urging assault survivors to seek help, adding "Abuse is incredibly serious and can have devastating consequences for survivors, particularly for their lifelong mental health."

Fry made the comments in an interview with Dave Rubin, where he told rape victims to "grow up" because self-pity is the "ugliest emotion in humanity."

"It's a great shame and we're all very sorry that your uncle touched you in that nasty place — you get some of my sympathy, but your self-pity gets none of my sympathy," he added.

The conversation began on the subject of the Cecil Rhodes statue that Oxford University students have attempted to get removed, but the topic quickly gave way to more of Fry's general views on censorship, where he spoke out against the idea of trigger words and safe spaces.

"There are many great plays which contain rapes, and the word rape now is even considered a rape," he said.

Fry's comments received backlash on social media — not the first for the 58-year-old British actor, who quit Twitter earlier this year.

Mind said they would be discussing their member's concerns with Fry, who they say "was speaking in a personal context, giving his own views as part of a longer discussion on the subject of freedom of speech."

"We're all very sorry that your uncle touched you in that nasty place — you get some of my sympathy, but your self-pity gets none of my sympathy

Stephen Fry

Forget love — monogamy came from the health threat of STIs

RESEARCH

Scientists believe pairing up provided benefits

Why did humans become monogamous, apparently rejecting the promiscuity that is natural to most animals?

Was it morality? Religion? Maybe love?

The answer is germs, researchers said Tuesday, arguing that the havoc caused by sexually transmitted diseases (STIs) convinced our ancestors it would be better to mate for life.

A research duo from Canada and Germany observed that STIs flourished among large groups of people living in the villages, towns and cities that arose after prehistoric hunter-gatherers settled down to farm.

Left unchecked, spreading diseases can affect individual fertility and a group's overall reproduction rate.

Falling population numbers would force a rethink of sexual behaviour — which in turn gives rise to social mores.

The researchers developed a mathematical model of hunter-gatherer demographics and likely STI spread among them.

They used it "to show how growing STI disease burden in larger residential group sizes can foster the emergence of socially imposed monogamy in human mating."

Socially imposed monogamy in human mating has long been considered an evolutionary puzzle according to researchers. ISTOCK

In small groups of no more than 30 individuals, with no chance for epidemic spread, STI outbreaks are generally short-lived, the team said.

The reduced risk may explain why small groups, both among early humans and today, are often polygynous (when men have more than one partner).

Socially-imposed human monogamy has long been considered an "evolutionary puzzle," according to the research duo.

IMPACT OF DRUGS

Even if drugs were to eradicate STIs, humans wouldn't become wildly promiscuous, according to Bauch.

"Modern societies are more complicated ... and there is probably more than one reason that explains socially imposed monogramy.

"I think it is premature to speculate that marriage will disappear ... if we solve the problem of STIs," he added.

It requires societies to put in place checks and structures — a police and court system, for example — to uphold societal mores.

"Yet, many larger human societies transitioned from polygyny to socially imposed monogamy beginning with the advent of agriculture and larger residential groups," said the paper.

That riddle may now be solved.

The research showed that our natural environment, with factors such as disease spread, "can strongly influence the development of social norms, and in particular our group-oriented judgements," study author Chris Bauch of the University of Waterloo said.

AFP

POLICIES

Women face gap in health care access

Women are underserved by the health care system in comparison to men, warn officials at the Women's College Hospital (WCH) in Toronto.

Calling this problem "the health gap," WCH president Marilyn Emery says it "significantly impacts women's health and their quality of life."

In their research, WCH identified several gaps in the way women receive health care and treatment. In health care research, women's unique needs are often ignored — they have different risk factors for some diseases and respond differently to some drugs — but until the 1990s there was no requirement to include women in clinical drug trials.

In cardiac health, more women than men die each year from heart disease, yet make up only 35 per cent of patients in cardiovascular research.

Women also receive less effective treatment for mental health and chronic conditions.

"The health gap is a very real threat to the well-being of women everywhere," says Katherine Hay, president of the Women's College Hospital Foundation. WCH has spearheaded the Women's Cardiovascular Health Initiative — the first comprehensive assessment and lifestyle program for women with heart problems. They also offer the Women's Mental Health Program, which deals with mental health issues unique to women.

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APOTEX ADVANCING GENERICS

Match your study style to type of exam

ISTOCK

Not all exams are created equal and the way you study for the various formats should also differ, says a learning strategist at Toronto's Centennial College.

"True or false, multiple choice, essay or short answer are the most common exam types," says Joanne Dominico, who helps students identify their learning style and offers learning strategies. "Typically, instructors will tell students the exam type or the information will be in the course outline. Knowing the format will definitely help you to prepare."

In general, Dominico is an advocate of studying smarter, not harder. She says this includes reviewing notes throughout the semester and beginning to study for exams two weeks in advance by creating a study schedule and prioritizing.

"Prioritize by which exam is first, what each exam is worth and how you're doing in each course," Dominico says. "If you're struggling in a course and need extra marks, you may want to commit extra time to that exam."

Because multiple choice and true and false exams are similar, Dominico says study methods are the same. Both exams types essentially test your skills in selecting the best answer, and the ability to recall and connect information with the question.

"A lot of students study passively by reading and copying notes, which is very mindless," she says. "Instead, I would say create flashcards, explain concepts in your own words and study with a partner. The key is to practice so that you get better at logically selecting the best answer."

Short answer exams, meanwhile, says Dominico, are used to test your knowledge of key facts. To prepare, she recommends studying the basics and teaming up with a partner who can quiz you because reciting out loud will make an impact.

"Think about learning a new language. You don't learn by reading it, you learn by speaking it," she says. "On average, you only retain five per cent by listening and 90 per cent if you're actively learning."

And while there is a belief among students that they don't have to study for essay exams, Dominico says it's a common misconception. Knowing course material well is key to essay exam success so Dominico suggests making a summary of class notes, thinking of questions you think your instructor may ask, and then creating mock thesis and outlines.

No matter the exam, Dominico has one overall tip: "Too often students say they are going to fail. Don't even put that out there. Think positively."

CONTRIBUTED

LEARNING TAILORED FOR ADULTS

To ensure it is responding to the needs of adult learners, Ryerson University's G. Raymond Chang School of Continuing Education has launched a flexible model that allows learners to choose what they want to study, at their own pace, through hands-on activities.

"We call it curated education," says the Chang School's dean, Dr. Marie Bountrogianni, of the Experiential Learning Exchange (ELX), which includes coaching-based modules, in-depth master classes, and networking and mentoring opportunities. "I think it is important to make learning convenient for adult learners and ELX does just that."

Depending on a learner's goals and needs, he or she may choose one or more of the three ELX options. The coaching-based module, for example, focuses on a career-building skill and is structured around one-on-one coaching.

"This option allows learners to hire a coach from our list of experts with whom they can connect in person, over the phone or online to learn a very specific skill," says Bountrogianni.

The coaching-based modules do not have pre-requisites and activities are tailored to each learner's experience. The module is also offered to corporate and community groups. Participants receive a digital badge for every learning module they complete, which can be shared on LinkedIn or added to a resumé.

Those looking for the bigger picture, meanwhile, can opt for ELX master classes, which present knowledge, insights and practical guidance grounded in research and expertise offered by seasoned experts and top facilitators in various disciplines.

"I call them workshops plus," says Bountrogianni. "They provide context. So, if a module tells you how to create a press release, a master class will tell you why it is important, how to get it out to more people and more."

The final prong of the ELX concept, says Bountrogianni, is networking. It is facilitated through networking events that cater to those is who are ready to expand their professional circle, and connect with industry leaders and like-minded peers through networking and mentoring.

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CYBER SECURITY PROGRAM IN DEMAND

In response to an increasing demand for cyber security professionals, York University will launch a cyber security program through its School of Continuing Studies come this November.

"This is one of the fastest growing tech fields in the world and experts forecast that the job market will double in the next five years. Canada has a significant skills deficit in this area," says Tracey Taylor-O'Reilly, York's School of Continuing Studies founding executive director, of the program's relevance.

Consisting of a pair of five-month certificates (in cyber security fundamentals and in advanced cyber security), each with three courses, the program gives students the option to complete one or both certifications based on their goals.

"Each certificate is offered in a blended format with most of the course work delivered online and one three-day weekend of intensive classroom study in each of the three courses," says Taylor-O'Reilly. "At the end of the first certificate, students might choose to continue onto the advanced certificate or they may take a break and still be qualified to lead teams and projects related to information security management."

Ed Dubrovsky is the director of national security practice at OnX, a provider of technology services and solutions. With more than 23 years leading, designing, implementing, maintaining, and managing information security and technology ecosystems, he sits on the program's advisory council.

CONTRIBUTED

Dubrovsky says what sets York's offering apart is its focus the Certified Information Systems Security Professional (CISSP) credential, which is governed by the International Information Systems Security Certification Consortium, a non-profit organization that specializes in information security education and certifications.

"The credential has a lot of credibility in market place," he says.

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The job today requires a bulletproof skillset that allows workers to adapt to any office administration environment. This includes working knowledge of financial software including the latest versions of Sage 50 Accounting and QuickBooks Pro.

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Make the transition to technical writing

With an educational background in English and writing, rhetoric and discourse studies, Stephanie Tingzon was working as a proposal writer at a company where proposals were incredibly technical and immensely detailed. To further her career, she wanted to gain technical knowledge and an understanding of the technical communication industry. Tingzon looked to George Brown College's technical certificate program.

"I chose George Brown because I needed a realistic and hands-on approach to honing my skills and knowledge," she says of the school, whose program teaches the key principles involved in planning, developing and producing publications as students develop skills in analysis, writing, editing and graphic design.

"I also really needed to learn about approaching the job market and the skills that would make me competitive and successful, but also happy and satisfied with the work I was doing. I definitely think my education at George Brown has done that."

Sumedh Nene, who teaches in the offering, says it is geared towards students like Tingzon: professional writers and technical communicators who need formal certification or those who are trying to transition into a technical writing career.

"The best part is that it offers a working professional a chance to complete a certificate while being taught by an instructor live in a classroom," he says. "Similar programs are offered online and some students who complete them come to us because they want that interaction with teachers, peers and other tech writers. Our program is very collaborative, with presentations and assignments done in teams."

Tingzon, who currently works as a technical writing specialist, adds that the interactive nature of the program accurately reflects the field, which she says isn't just a desk job and actually involves meeting with many people.

"Get ready to work, really learn and ask a lot of questions," Tingzon says of the nature of the program. "One of the great things is that you're expected to be part of the conversation."

ISTOCK

A PASSION FOR FASHION REALIZED

TRAVELLING TAILOR FINDS PERFECT FIT IN CERTIFICATE

When Nabeel Sheikh, owner and wardrobe consultant at The Travelling Tailor Inc., which specializes in high-end tailored suits, sent his fall/winter 2016 collection down the runway at Toronto Men's Fashion Week (TOM) not only did he have his George Brown College peers cheering him on from the audience but they were also helping him to make an impression behind-the-scenes.

"It is one of the most collaborative environments I've been in in terms of an educational institution," says Sheikh of the fashion styling certificate program in which he is currently enrolled. "A lot of my classmates and an instructor helped me during TOM and having my own team, which was completely briefed and professional, set me apart from the other designers.

"One of my profs also postponed that week's class and told everyone to go see the collection. The instructors go the extra yard to not only accommodate students' needs but invest time into students' success."

The fashion styling certificate at George Brown is designed to provide students with a comprehensive understanding of fashion styling while exploring diverse topics such as the evolution of fashion, elements of design in fashion, and fashion form and image.

TOM* FASHION WEEK / SHAYNE GRAY PHOTOGRAPHY

"THE INSTRUCTORS GO THE EXTRA YARD"

– Nabeel Sheikh, owner and wardrobe consultant

An instructor in the program, Michelle Walc says there is absolutely no fashion experience required to apply and that many of the program's students come to the offering just equipped with a passion for fashion.

"A continuing education program like this one is a great way to dabble in something you always had a knack for. It's not a huge financial investment and you take one course at a time, which works for busy schedules," she says.

For Sheikh, who works with an IT company by day and has an educational background in economics, the program is solidifying an understanding of the "why" behind styling decisions.

"My customers don't just want to buy a suit, they want to maximize the value," he says. "If I am going to present them with an option or solution, I'm going to show them how to wear it in three different ways. The program has helped me to better understand how colours, patterns and fabrics work with different body types and how one can optimize their body shape."

MUST KNOWS

Sheikh's must-knows about George Brown's fashion styling certificate:

- The program is relevant thanks to its detail-oriented and on-trend approach.
- Professors are professionals with large networks that can help you with volunteer opportunities.
- The work you do can be used towards a portfolio that will benefit your career.

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MAKE THE MOST OF YOUR HR AMBITIONS

Whether you already work in human resources (HR) and want to further your knowledge and skills or are in another career and looking to transition into HR, human resources management at Sheridan College will prepare you for this multilayered field in an engaging way, says its program coordinator.

"Students can expect highly experiential-based courses taught by experienced industry professionals who work in various areas of HR," says Bruce Goldie of the certificate program facilitated through the school's faculty of continuing and professional studies. "Besides theoretical or fundamental knowledge, courses are equipped with various activities, which make learning lively and relevant. Faculty members take learning to a whole new level by bringing real life examples and best practices into the classroom."

Courses can be completed either online or in-person and, Goldie says, both options come with their own range of interactive features that ensure students receive the knowledge essential to generate solutions to complex HR problems in a way that stays with them long after they graduate.

ISTOCK

"The online environment provides an interactive tool to share content, support communication, encourage collaboration and enable a variety of learning opportunities," he says. "Students who take courses on campus experience hands-on learning through case studies, group activities, interactive group discussions and video tutorials."

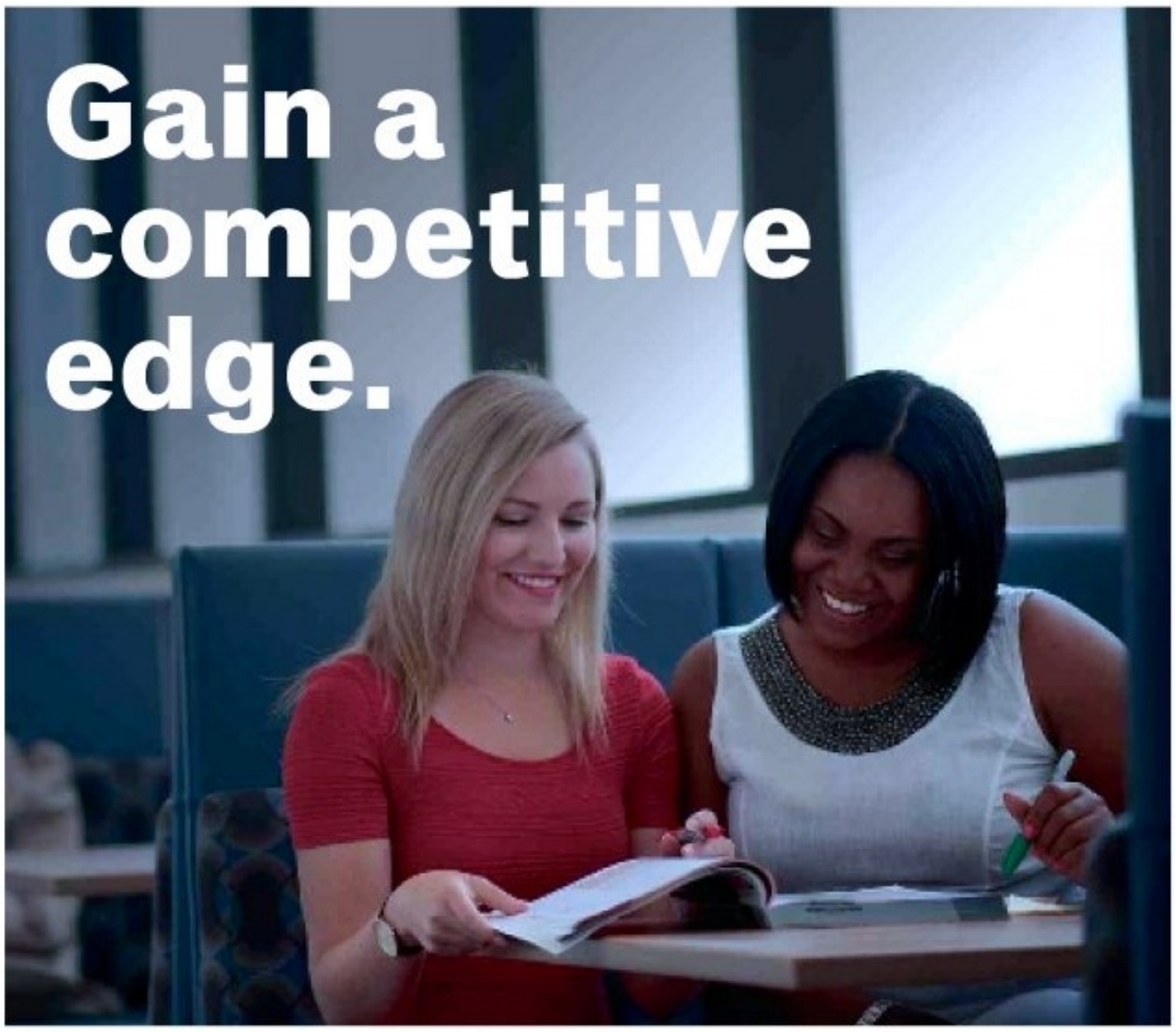
Because the Human Resources Professional Association (HRPA), the professional regulatory body and the professional association for human resources professionals in Ontario, has approved all of the program's courses, graduates receive more than their certificate.

"Sheridan offers exam preparation courses for students ready to write the Comprehensive Knowledge Exam to qualify for the Certified Human Resources Professional (CHRP) designation offered by the HRPA," says Goldie. "I have seen many graduates of this program go on to pursue very successful HR careers."

CONTRIBUTED

CHRP credential holders typically occupy entry-level positions and help with executing and supporting HR initiatives. Job opportunities for grads of this Sheridan program include human resources assistant, staffing coordinator, HR coordinator, staffing specialist and recruitment specialist.

The College also offers two other part-time programs in the area of HR: human resource — certified human resources leader and human resource — certified human resources professional.



Canadian employers look for HR candidates with the Certified Human Resources Professional (CHRP) designation, awarded by the Human Resources Professionals Association (HRPA).

Included among the many job opportunities are Human Resource Assistant, Staffing Coordinator, HR Coordinator, Staffing Specialist and Recruitment Specialist.

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Sheridan

Faculty of Continuing and Professional Studies

SUMMER PERFECT TIME TO PROGRESS

ISTOCK

Final exams will soon be a thing of the past and students will breathe sighs of relief as they usher in summer vacation. And while for most it is a time to work, travel or relax, academics should not be totally forgotten, says one education expert.

"The way our society is, you have to be committed to continuous learning throughout your career and that starts while you are in school. If you take an active approach it will ensure you are progressing," says Allison Schubert, an instructor and coordinator of academic upgrading courses at Vancouver Community College known as Career Access, which help students learn how to develop career decision-making skills. "It's good to stay connected to your field of study and there's lots of ways to do that without taking formal, tuition-based courses."

Remaining in an academic mind fame over the summer break, Schubert says, could actually start before the semester ends. She says talking to instructors or professors is a great first step in finding out what you can read or review to stay current.

"I'm sure most instructors would see a student approaching them as positive and would be happy to suggest readings or names of authors who might be influential in your field," she says. "Also, if you're in a program that builds on prior knowledge each semester, doing a review will be helpful. Focus on the topics that you found challenging so that you are comfortable with them when the next semester rolls around."

Because being engaged during a time traditionally devoted to an academic break can seem daunting, students can also take more hands-off approaches. This includes focusing on career goals and the field they will enter rather than coursework review or readings.

"Mentors are a fantastic source of knowledge to help you to understand what you are working towards in a more realistic way," says Schubert. "Joining professional organizations and going to networking events are potential ways of meeting mentors. You can also use social media, such as LinkedIn, where you can follow professional groups to get updates on the industry in which you will be working."

MULTI-TASKING

Multi-tasking often gets a bad rap. However, says Schubert, make the most of your summer vacation by combining scholarly activities with summertime fun. For example, take your review materials or readings to the beach, so that studying feels more like a "want to do" rather than a "have to do."

Early bird classes plus online study saves time

As the early bird is getting its worm, some students at Seneca College are taking advantage of rising early to get their education, thanks to a unique course delivery that flips the traditional evening class format on its head.

"One of the biggest challenges for people who want to do continuing education is time commitment, so we thought maybe people would be interested in coming to class early in the mornings — and, in fact, they are," says Barb Shannon, acting dean of the school's faculty of continuing education and training, which for the last year and a half has been offering early morning hybrid classes that see students attend from 7 to 8:30 a.m. and supplement their studies online.

"Students are really interested in this innovative delivery and the feedback has been fabulous from both students and faculty. We are strategically scheduling classes and will look at expanding the offerings if there is a need," she says

In addition to the early morning hybrid classes, which are facilitated from Seneca's Newnham campus, the faculty of continuing education and training offers a range of other flexible options. Shannon says all approaches, which include traditional evening classes, online courses, hybrid delivery and correspondence (which is being moved entirely online) are designed with students in mind.

"Today's adult learners are busier than ever so we are innovative in not only what we offer but how we offer it," she says. "We're focused on providing options that will fit their schedule and various styles of learning. When students have this they can find time and a place that works best for them."

CONTRIBUTED

Whether students choose to take the traditional classroom mode, online courses, which they can complete from anywhere they have an Internet connection, or hybrid, a combination of the two, Shannon says Seneca ensures students are engaged thanks to variety of instructional methods.

"Students have made a commitment to learn by investing time and money, so we want them to be engaged and interested," she says. "Our faculty members work in the industry so students are getting real life examples and that's what they are looking for."

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Four steps to getting your first mortgage

PRE-APPROVAL

Some tips to take the pain out of the process

Camilla Cornell

Getting pre-approval for a mortgage is the first step toward making your home-buying dream a reality. But it can be a daunting prospect, according to a 2015 survey by Ipsos Reid, which found 57 per cent of British Columbians would rather get a flu shot than shop for a mortgage.

Here's a step-by-step guide to take the pain out of the process.

Getting pre-approval for a mortgage is the first step toward making your home-buying dream a reality. ISTOCK

Step 1

Know the difference between pre-qualifying and being pre-approved. If you're serious about buying, you need pre-approval, says Dilys Harrison, vice-president of community lending for Meridian Credit Union. Lenders will sometimes 'pre-qualify' you by offering a ballpark estimate of how much mortgage you can afford to take on.

But unless you actually provide financial information, you haven't been pre-approved. "Pre-approval gives you the peace of mind of knowing how much you can afford and what kind of rate you can get on a mortgage," she said.

Step 2

Get your paperwork in order. The lender will want to see photo identification, as well as proof of income to ensure you can carry the mortgage. If you have a salaried job, you can bring a letter of employment, an income tax return or a recent pay stub, says Scott Westlake, a mortgage broker and founding partner of Denova Group.

But if you're self-employed the lender will ask for several years of income tax returns to get an idea of the fluctuations in your income. "And if you're reliant on bonuses or commission income, they'll want to see consistency," Westlake said.

As well, advises Harrison, tally any assets, including your car, your RRSPs, TFSAs and other investments. Getting a donation from the bank of Mom and Dad? Don't forget to get a gift letter.

On the opposite side of the coin, you'll need a record of debts for student or car loans, or on credit cards. Lenders generally want to ensure basic housing costs and all other debts don't account for more than 40 per cent of your income, said Harrison.

Step 3

Be aware of your credit score. Your credit score measures your credit-worthiness based on your past dealings with lenders. It can range between 300 and 850, with higher scores indicating lower risk. "If you've got a credit score lower than 680, we start having some concerns," said Westlake. If you're at least aware of the issue, you can focus on making it better by paying down debt, cutting down on the number of credit cards you hold, making payments on time, and at least making minimum payments, he says. To get your credit score, contact Equifax (consumer.equifax.ca) or TransUnion (transunion.ca).

Step 4

Stress-test your mortgage. "Rates are very low right now and that's great," said Harrison.

"But it's always good to run some numbers and say, 'If rates went up by one per cent, would I still be able to afford this mortgage?'" She also suggests taking into account additional expenses, from closing costs to property tax, utilities and maintenance.

Even with record-low mortgage rates, assess the pros and cons of refinancing your mortgage before taking the leap. ISTOCK

Questions to ask before refinancing your home

With record-low mortgage rates, it's a good time to consider refinancing your mortgage, says Kim Gibbons, a mortgage broker with Mortgage Intelligence.

Gibbons recently had clients who increased their mortgage by $85,000 to build on an extra room and update the home they purchased three years ago. The good news: while they had to pay just over $3,000 in fees to break their current mortgage, the interest rate had dropped by 0.5 per cent, so their mortgage payment stayed almost the same.

People refinance their homes for many reasons, among them: funding renos or a down payment on another property, buying a spouse out of the marital home, paying a child's university bills, building a basement apartment and consolidating debt.

But before taking the leap, it pays to carefully assess the pros and cons, says Gibbons. Here are three key things to consider:

What is the penalty?

You'll pay a penalty to the lender for ending the mortgage contract sooner than agreed. The amount can vary widely, but as a rule of thumb, banks have higher penalties than non-bank lenders," said Gibbons. Other variables include whether you have a fixed-rate or variable-rate mortgage, how much you still owe, the term remaining on your mortgage and the interest rate now compared to when you signed on.

With a variable-rate mortgage, for example, you typically pay three months' interest charges to break the contract, so it might cost you a few thousand dollars. At the other end of the spectrum — assuming you have a fixed-rate mortgage with a bank — you might well pay tens of thousands of dollars. "I help clients figure out if it's worth their while to break the mortgage," said Gibbons.

What fees will I pay?

You'll need either a lawyer or a title transfer company to pay out the existing mortgage. "I typically guesstimate about $800 to $1,000 for that," said Gibbons. In addition, you'll pay a discharge fee from the current lender of anywhere between $280 and $370. Keep in mind that sometimes lenders have promotions to cover the cost of the title transfer costs and the discharge fees.

Am I getting a lower rate?

If you've got a really good interest rate and you're going to be moving to a higher rate, you may be better off to stay where you are.

"Five years ago, people were getting variable-rate mortgages at almost half a per cent lower than today," said Gibbons. Fixed-rate mortgages, on the other hand, are at a record low. "I have clients that were at 3.09 per cent on a five-year fixed mortgage," she said. "And they're aiming for a 2.49 per cent rate."

Of course if you're refinancing to pay off credit card debt (with rates of nine per cent to 29 per cent), you may well benefit from even a slightly higher rate.

Will I qualify?

Especially if you're refinancing in order to pay off debt, the lender will want to be reassured you have the income, assets and credit history to be a good risk. So if you've lost your job, gone from full-time employment to a contract position, or torpedoed your credit score since you initially qualified, you probably don't want to break your current contract. And keep in mind, "you can only refinance up to 80 per cent of the value of the home," said Gibbons. CAMILLA CORNELL

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MEET THE CONDO

Minutes from Bayview Village mall

Project overview

Haven Developments has announced an intimate community of condo-suites, lofts and luxury towns located in Bayview Village, one of the city's most expressive and connected neighbourhoods. The contemporary midrise condominium is designed by world-renowned Teeple Architects.

In the neighbourhood

This highly walkable neighbourhood has much to offer. It's a three-minute walk to the Bayview Village Shopping Centre. There's a Loblaws nearby, as well as a walk-in clinic. The building is close to the YMCA and many schools in the area.

Housing amenities

Residents will have access to a rooftop terrace with barbecue facilities. There's a party room, event space and fully equipped gymnasium. The lobby features a unique hybrid of live and digital concierge services.

Location and transit

Located in Bayview Village, the condo is a three-minute walk to the Bayview TTC subway station or five minutes to Bessarion station. Motorists are adjacent to Highway 401. You can be in the downtown core within 45 minutes. DUNCAN MCALLISTER/FOR METRO

NEED TO KNOW

What: SIX25BV
Builder: Haven Developments
Architect: Teeple Architects
Interiors: II by IV Design
Location: 625 Sheppard Ave. E.
Building: An eight-storey midrise with 146 units
Sizes: 450 to 1,350 sq. ft.
Pricing: Starting from the mid-$200,000s
Suites: From one bedroom up to two bedroom plus den
Status: Pre-construction, registration phase
Occupancy: Fall 2019
Sales centre: Coming soon to 625 Sheppard Ave. E.
Hours: Monday to Thursday 12 to 6 p.m.; Weekends, Holidays 12 to 5 p.m.; Fridays closed
Phone: 416-218-8858
Website: six25bv.com
Email: sales@six25bv.com

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Federal cash a boon for T.O.

CONDO TRENDS

City's infrastructure to benefit from commitment

Duncan McAllister
For Metro Canada

Toronto's infrastructure is about to get a big boost from new funding announced as part of the 2016 federal budget. That's the word from a recent annual meeting of some of Toronto's best and brightest urban planners.

The Toronto chapter of the Urban Land Institute, an international organization of public and private sector professionals in the development and land use community, held their second annual Meet the Chiefs gala last week.

The event aims to celebrate the synergies between the private and public sectors, hosting senior municipal and provincial planning and development officials from across the GTA.

Toronto's chief planner, Jennifer Keesmaat moderated a panel discussion about Electric Cities, a new, multi-year initiative which focuses on innovative thinking about placemaking, mobility and technology to advance urbanism across the Toronto region.

Amarjeet Sohi, Canada's new Federal Minister of Infrastructure and Communities, was on hand to discuss federal investment in urban infrastructure initiatives that will greatly influence housing and transit in the region.

Riverside Square, which features an open-concept public plaza with wide pedestrian promenades, is a condo that does a great job of contributing to the larger community. Inset: Investing in transit is important as the city's density increases.

MAIN PHOTO: COURTESY STREETCAR DEVELOPMENTS; TTC IMAGE: METRO NEWS

A large portion of the new investment is earmarked for public transit, wastewater management and green initiatives vital to Toronto's densification and explosive growth of condominium development.

"Well-planned infrastructure investments generate economic growth, support communities and leave a lasting legacy for Canadians.

Amarjeet Sohi, federal minister of Infrastructure and Communities

According to Sohi, the budget announced on March 22 confirms historic new investment in infrastructure for Canadian cities totaling more than $120 billion over a decade, including $60 billion of badly needed new money for public transit, green infrastructure and social infrastructure.

"Infrastructure is the backbone of a community and of our economy. Well-planned infrastructure investments generate economic growth, support communities and leave a lasting legacy for Canadians." said Sahi.

The evening's speakers emphasized the three tenets of creating successful cities: placemaking, technology and mobility.

Creating interesting cityscapes, lively public spaces and inviting neighbourhoods requires the city to focus on collaboration.

"Building a strong sustainable, inclusive city is a partnership between government, industry, and community." says Sahi.

There is much excitement among the planning community with regard to the news. "The federal government is now a deeply invested urban partner with historic funding commitments to urban transit." says ULI Toronto executive director, Richard Joy. "The 2016 federal budget could be a game changer for our region."

Keesmaat said that she never thought she would see this level of commitment in her lifetime. "We truly are entering a brave new world where we are thinking in a fundamentally different way about how we spend our money."

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LEGAL MATTERS

How to proceed with a registered caution

Jeffrey Cowan
For Metro Canada

Q: We own a commercial building downtown and were scheduled to sell it to other investors last week. The day before closing, we were informed that the city had issued a work order against the property and the purchasers wanted us to fix the brick problem that was the subject of the work order. We agreed to reduce the purchase price by the estimated amount of the repairs and proceed to close the transaction without doing the repairs. However, the purchasers wanted a further substantial amount of funds held back in case the repairs cost more than the amount we agreed to reduce the purchase price.

At this point, we decided to walk away from the deal and fix the issue ourselves. We understood that the purchasers would sign a mutual release and we would go our own ways. Today, our lawyer informed us that the purchaser registered a caution against the property and we needed to come back to the table. What is this and how does it work?

A: When a party has an interest in a property, such as when you sign an agreement of purchase and sale, they can register that interest against the building in order to avoid further transfers of the property until their claim has been addressed. In your case, it would appear that the purchasers are still interested in acquiring the property. It is not clear in this case where this matter lies. Did the purchasers agree to sign the release and not do so? You need to clarify their position so you can move forward with this matter to what is hopefully a constructive and positive outcome.

To move forward in a confusing signing situation you need to clarify the other party's position. ISTOCK

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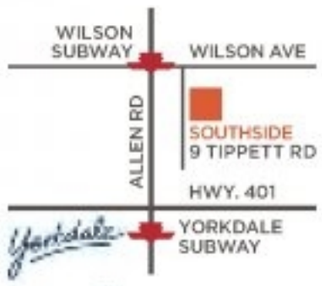

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Recognizing the very best

Bryan Tuckey
For Metro Canada

Every year the building and development industry recognizes the GTA's best new projects, marketing efforts and architectural designs for excellence and innovation.

This tradition is called the BILD Awards and on April 28, we will announce winners at our 36th annual event.

The program has evolved over the years as the region and the industry have changed. This year we modernized many of the award categories to make them more reflective of today's housing market in the GTA and to be more relevant to new home buyers.

One of the most exciting changes is that for the first time we will name two Home Builders of the Year, one in the low-rise market and the other in the high/mid-rise market. Home Builder of the Year is one of our most coveted awards and it recognizes builders/developers who set the standard for the rest of the industry through their professionalism and dedication to excellence.

“One of the most exciting changes is that for the first time we will name two Home Builders of the Year, one in the low-rise market and the other in the high/mid-rise market.

This evolution is in response to the dramatic shift that has taken place in the new homes market in this region. It used to be that the vast majority of the new housing built by our industry was low-rise homes — single family and semi-detached houses and townhomes.

Government intensification policy introduced 10 years ago changed that, and today at least half of all the new homes sold and constructed in the GTA are condominiums in high and mid-rise buildings.

Mid-rise developments are emerging in neighbourhoods across the GTA and you can expect to see more in the near future, particularly in city centres and along transit corridors.

We added mid-rise developments to several award categories this year and we introduced a brand new award, the Best Mid-Rise Building Design, to recognize excellence in the architectural design of buildings between five and 11 storeys.

Another major change we made this year was to revamp our architectural design categories for new homes and condo suites.

Rather than focusing only on size, as in previous years, this year's design categories also consider who the potential buyers are and what they are looking for.

Finalists in all 47 award categories are currently available at bildawards.com and the winners will be announced on April 28.

BRYAN TUCKEY IS PRESIDENT AND CEO OF THE BUILDING INDUSTRY AND LAND DEVELOPMENT ASSOCIATION AND A LAND-USE PLANNER WHO HAS WORKED FOR MUNICIPAL, REGIONAL AND PROVINCIAL GOVERNMENTS. FOLLOW HIM ON TWITTER @BILDGTA, FACEBOOK.COM/BILDGTA, AND BILDBLOGS.CA.

A quarter century of the Lumière

The Lumière was invented in 1990, and was billed at the time as a modern take on a classic, but is now considered a classic design in its own right. HANDOUT

FOSCARINI

Now iconic lamp gets a retrospective

Alongside the Milan Triennale and the Milan International Furniture Fair, the Italian design manufacturer Foscarini will be celebrating 25 years of the Lumière lamp, one of its most iconic pieces.

For this milestone anniversary, the firm is holding an exhibition, until April 30, dedicated entirely to this classic of lighting design. In 1990, the designer Rodolfo Dordoni created a tabletop light, presented as a modern take on the classic lamp shade.

This was the Lumière, a now iconic table lamp with a blown-glass shade and a three-legged aluminum frame.

To celebrate the lamp's 25th anniversary, Foscarini is holding an exhibition dedicated to this design classic, scheduled to run alongside the Milan Triennale and the Milan Furniture Fair.

The Lumière's journey through 25 years of history is based on a video installation with 26 screens looking back and key world events that have shaped the last quarter of a century.

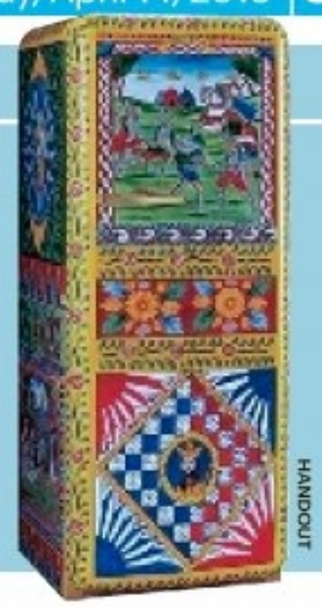
The exhibition marks events such as German reunification, the end of South Africa's apartheid, the Yugoslav Wars, the opening of the Guggenheim Museum in Bilbao, Spain, the 9/11 attacks on New York and the launch of Twitter. This historical recap is accompanied by objects that track the evolution of design over the same period.

The Lumière table lamp was created in the early days of Foscarini, before the firm had gained the international renown it enjoys today.

Founded in Murano, Italy, Foscarini sought to go further than other manufacturers working with glass by introducing new details and using new technology.

The company is dedicated entirely to the design and manufacturer of lighting products. Lumière was one of the first hit designs for Foscarini. AFP

HOME DESIGNER FRIDGE



HANDOUT

Dolce and Gabbana collaborate on a refrigerator with Smeg

Dolce and Gabbana have teamed up with domestic appliance manufacturer Smeg to create a fashionable line of designer refrigerators.

The Sicilian designers took to Instagram to announce the news, posting a video offering a sneak peek at the elaborate Renaissance-inspired motifs featured in the range.

According to Vogue, the limited-edition designs will be available in just 100 units, each of which will be hand painted, leaving every piece unique.

The collection launched during the Salone del Mobile in Milan on April 13 and each fridge will retail for approximately $34,140 U.S. AFP

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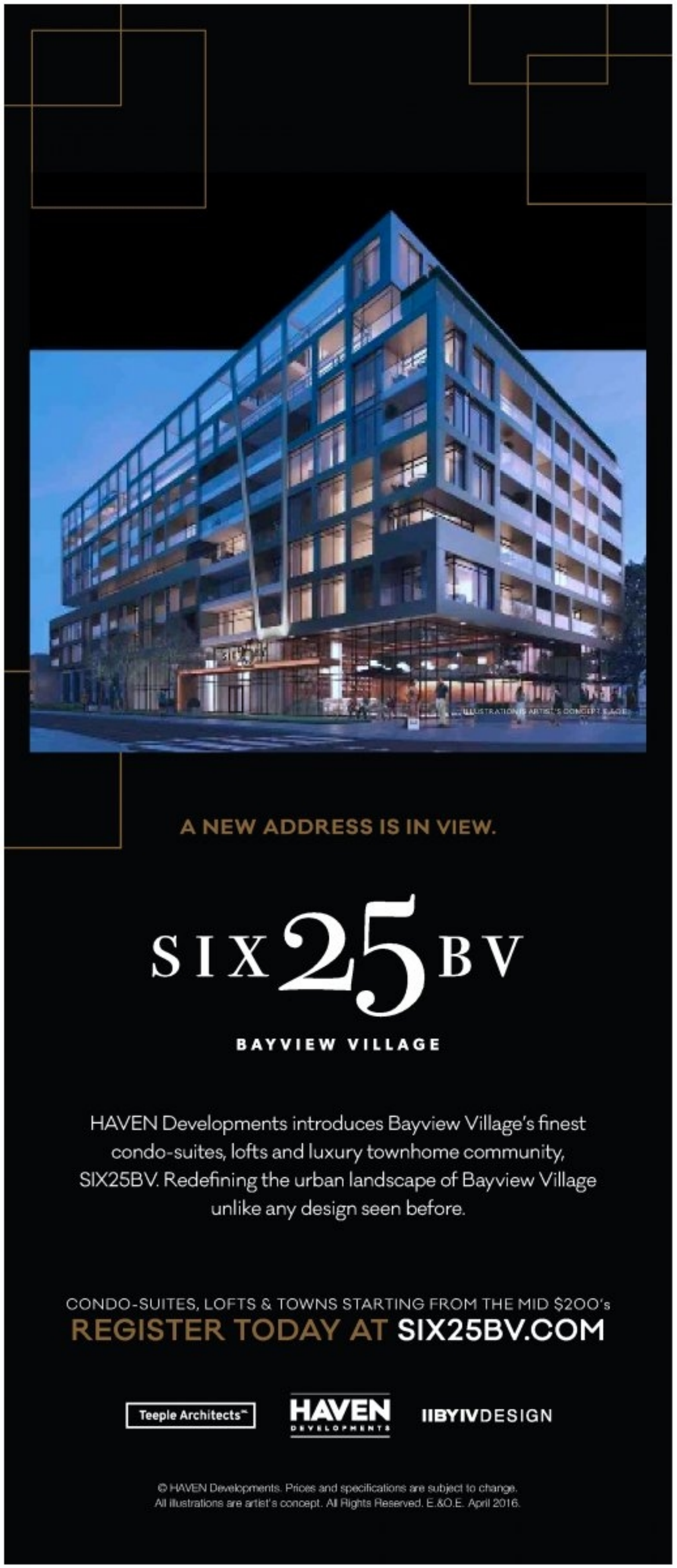

In the right situation, a heading cut is a useful gardening technique. ISTOCK

Pruning can be your best bud

SPRING

Tips on knowing when and how to cut back

Once you know a few simple tips, you can prune any plant, from a midget marigold to a mighty oak.

That's because all plants respond similarly to pruning. Once you understand that response and are clear on your goals, you can just go ahead and cut.

First, let's get one thing straight: Pruning stunts plants, which may in itself be a reason to prune.

Other reasons might be:

• In a younger plant, pruning can direct growth so the plant can develop strong, well-placed limbs that bathe in light and air. That also can speed drying and thus limit the threat of disease.

• An older plant might need pruning to invigorate it, do away with decrepit stems and keep healthy stems bathed in light and air.

So pruning is often needed whether or not size control is desired. If size control is not your goal, minimize pruning to what is absolutely necessary so that your plant fills its allotted space as soon as possible.

Pinching is pruning

While it stunts overall plant growth, pruning — some kinds — can stimulate growth right where you cut.

Picture a young shoot of a tomato plant or maple tree. Unpruned, such a stem will continue to grow from its tip, and side branches may or may not grow out further down the stem.

The lightest pruning would be to use your thumbnail and forefinger to pinch out the soft, growing end of the shoot. This pinch not only causes growth to falter briefly, but also causes dormant, lateral buds farther down the stem to be awakened into growth.

Pinching, then, is useful for slowing stem growth — to direct the energies of a tomato plant in late summer to ripening fruits, for example.

Heading for branches

You also could prune a stem more drastically, with pruning shears. This type of cut is called a heading cut, and plant response depends on how drastically you cut back a stem.

If you cut a young stem back by a third, buds that might have stayed dormant on its remaining part will now be prompted to grow, and they will do so more enthusiastically than if the stem had just been pinched. Shorten that same stem by two-thirds, and the resulting new growth will be even more vigorous, but fewer buds will be awakened.

The more vigorous a stem is before it is headed back, the more enthusiastic its response to such pruning. As a general rule, the more vertical the stem's orientation, the greater its inherent vigour. And heading cuts into one-year-old wood elicit more enthusiastic responses than do cuts into older wood.

Too many gardeners irreverently hack back their plants in an effort to get rid of unwanted growth, and then bemoan the dense and vigorous regrowth from these heading cuts.

Nonetheless, in the right situation, a heading cut is a useful pruning technique. There are situations when vigorous, new growth is needed: to make a strong trunk on a young tree; to create new, bearing wood, if needed, for fruits or flowers; to create a decorative effect; to invigorate a frail stem.

Thin crowded branches

What happens if, instead of cutting off only part of a stem, you remove it completely, or cut it back to a larger branch? This type of pruning cut is called a thinning cut and the plant's response is: nothing, near the cut. Or at least very little. (Total plant growth is, of course, still reduced.)

THE ASSOCIATED PRESS

Savvy gardeners understand nature

CLIMATE AND WEATHER

Learning to read the signs ensures better results

Savvy gardeners keep one eye on the sky and the other on their plant beds. They give nature a nudge by understanding the climate, learning how to read the weather and then creating a landscape that fits.

"It's interesting to know what the weather is doing, why it's doing it and what it will do next," said Michael Allaby, author of The Gardener's Guide to Weather & Climate (Timber Press, 2015).

"If you go with your climate and soil, your garden will be much more successful, and if you choose the appropriate plants and tend them well, you'll save money because there'll be fewer failures."

Climate and weather are not the same thing. Meteorologists are fond of saying that "climate is what you expect while weather is what you get."

Learning how to read clues about upcoming weather can result in a more productive garden.

"You can predict whether there will be a frost by noting the temperature and the rate it changes at dusk," Allaby said.

"You can predict whether dew will form. Calculate the atmospheric humidity, and you'll know how likely it is to rain or snow. Watch the clouds for approaching weather fronts and gathering storms."

Soil and climate are closely linked, Allaby said. At the extremes, desert soils are sandy while tundra soils are low in nutrients because vegetation is so limited.

"The more sand you have, the faster it will drain, so you might need to irrigate," he said.

Freezing rain can be a spring spoiler, but the buds of this hardy native oak survived. DEAN FOSDICK VIA THE ASSOCIATED PRESS

> **You've got to be responsive. The nimble gardener is the one who's going to get the tomato.**
>
> Gretchen Voyle, consumer horticulture educator

"Clay retains water and is very fertile, but because it stays wet it tends to be cold in spring, so you can't work it or plant it early in the year.

"Silt is very fertile. Loamy soil, which is best of all, has approximately equal parts of clay, sand and silt."

Then there are microclimates, which can vary depending on the size and shape of your property.

"Lower terrain may have lower temperatures than higher terrain," said Gretchen Voyle, a consumer horticulture educator with Michigan State University Extension. "Exposure to sun and wind can create a dry microclimate even in areas with adequate rainfall."

The world's climate may be changing, but that doesn't mean you should disregard the calendar, Voyle said.

"When you have a few days of unexpected (warmer) weather, people may think they can plant. But nature has a way of getting even," she said. "It's best to stay with the tried and true. Things aren't what they used to be, but nobody's sure what we're moving toward."

Smart gardeners know what's going on around them, making them better prepared, Voyle said.

"Life is never going to be static," she said. "You've got to be responsive. The nimble gardener is the one who's going to get the tomato." THE ASSOCIATED PRESS

DEFINITIONS

Climate is the average weather recorded in a certain area over decades. That would include annual rainfall, arrival of the first killing frost, standard air currents and humidity.

Weather, on the other hand, is the set of atmospheric conditions experienced during the course of the day: things like temperature, wind velocity, and whether it's raining or sunny.

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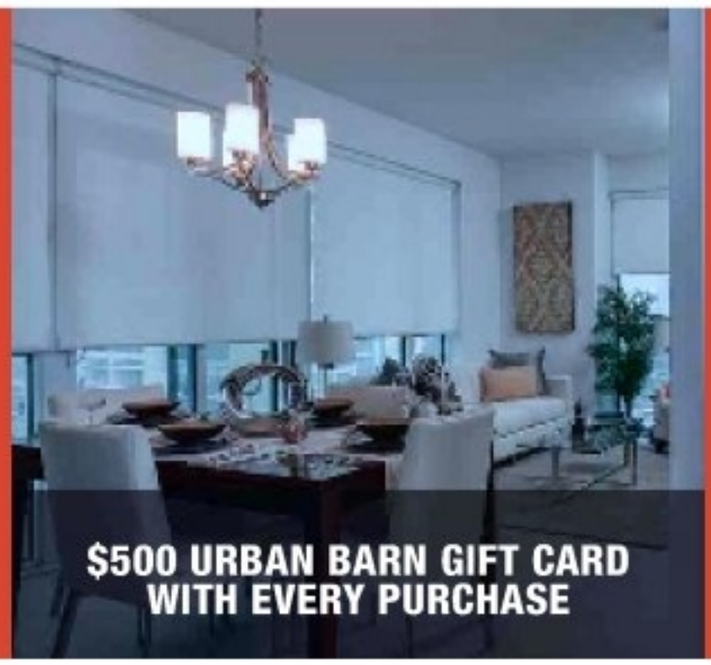

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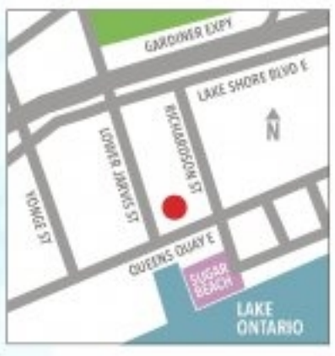

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Tables that are top

The Pintor coffee table is carved from black walnut inlaid with bronze. The chamfered frame holds a handmade glass top, available in jewel tones like topaz and aquamarine.
ALL PHOTOS ALAN TANSEY/KGBL

INNOVATION

Designers experiment with process, unique woods

When you think "table," you're likely to imagine a set of four legs and a top.

When Peter Harrison thinks "table," he conjures up all kinds of unusual versions. For instance, instead of hiding the structural connections in his tables the way it's typically done, he brings them centre stage. Steel cables, rods and fasteners become important parts of the design.

"I find these elements give life to my pieces," says the furniture designer, from Middle Grove, N.Y. "They're a view of exposed structure, yet not a complete vision. A glimpse of what's inside."

At his booth at this spring's Architectural Digest Design Show, Harrison had a striking dining table on display called Oahu: a glass circle perched on a truss of sapele (an African heartwood) legs, joined together with aluminum brackets and steel bolts. Some of his other tables resemble bridge spans, with sinews of aluminum cabling suspended between concrete, wood or acrylic struts.

Tables were a highlight at the show, held recently on Manhattan's Pier 94. It was a venue for both established and emerging furniture designers from North America and around the world. The crowd numbered more than 40,000.

Designer Kino Guerin of Melbourne, Que., has been experimenting for the last 10 years with a vacuum lamination process. He combines industrial-grade plywood with rare woods and veneers to craft fluid, elegant tables.

The Nebula table was inspired by a curled paper ribbon. Walnut and sweet gum veneers curved into the aptly named Toboggan. On Guerin's Salto console, the legs on one end do a loop-de-loop as they stretch to the floor.

Designers Michael Bell of Belfast, Northern Ireland, and Susan Zelouf of New York have a studio in an old chocolate factory in Dublin. They work with unusual woods like koto, red birch, black Bolivar and Makassar ebony, embedding surprising yet beautiful elements into their tables like koi fish or, shown at the Architectural Digest Show, monarch butterflies.

ReSAWN Timber of Telford, Pa., showed a nice example of their Charred collection: The walnut table had been blackened using an ancient Japanese technique called shou sugi ban. The process involves charring the wood, misting it lightly with water before it's cooled, and then brushing, sealing or staining it.

The charcoal preserves the wood, acting as a barrier against insects, rot and fire, while accentuating the natural grain.

> **They're a view of exposed structure, yet not a complete vision. A glimpse of what's inside.**
> Peter Harrison, on incorporating connections into his designs

KGBL's Pintor black walnut coffee table was another standout, with chamfered edges, brass inlay, and a top of handmade glass that's available in jewel tones like topaz and aquamarine.

The Terranova coffee table's top was hewn from a single block of marble, set on a bronze base. THE ASSOCIATED PRESS

Straw marquetry, a French woodworking technique, was used to craft this table, which is perched on a bronze base and the niche has been given a tomato red hue.

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"I'm 0-2 in that regard and so I think I'll stay away": Raptors GM Masai Ujiri has no profanity-laced rant planned for this year's playoffs

Up against a quicker Pace

RAPTORS POST-SEASON PRIMER

Paul George and Co. pose intriguing first-round test

The roster machinations the Toronto Raptors underwent last summer to reinvigorate the team and change its style and focus have led to the best regular-season record in franchise history.

And while it may not have been as dramatic, or as omnipresent in the minds of Raptors fans, Toronto's first-round playoff opponent did much the same thing, setting up a truly intriguing series that begins this weekend at the Air Canada Centre.

Sensing an evolution of the game and needing to find more athleticism and quickness, the Indiana Pacers basically told Roy Hibbert to get out of town, watched David West walk away from a pile of money and settled into a fast-paced, small-ball system they were convinced suited them better.

25

The book on the Pacers is that they are weak in the paint. Bismack Biyombo had 25 rebounds in a game against them earlier this season.

And now, with a rejuvenated Paul George shifting between forward slots in a desire to create any number of matchup problems for opponents — and with a quick, offensive-oriented backcourt centred around George Hill and Monta Ellis — the Pacers will find out if the alterations work as well for them as Toronto's did for the Raptors.

George is central to it all and one of the NBA's most compelling stories. He was an ascendant star fewer than two years ago before he suffered a gruesome and career-threatening injury — a compound fracture of bones in his leg — in a USA Basketball scrimmage before the 2014 World Cup. George was only able to play six games at the end of the 2014-15 season but he has come back full bore this year, averaging more than 23 points and seven rebounds a game.

As much as the Raptors would like the recovering DeMarre Carroll to be able to handle George, they know that's not possible.

"(Paul George) is not a 1-on-1 matchup," Kyle Lowry said. "(Carroll) is going to spend time (defending George). DeMar (DeRozan is) going to spend time, Norm (Powell) ... everybody is going to have a touch of him. We've all got to be prepared to go out there and play."

But the Pacers are more than George and as much as they wanted to be small and fast and pace-and-space, their season improved when they played a more traditional style more often.

With Ian Mahinmi giving them a solid presence at centre and rookie Myles Turner emerging as a solid power forward, the Pacers are better able to rebound and defend teams that don't want to try to match them with small lineups.

The backcourt of Hill and Ellis is offence-oriented and Indiana seems content on using their skills to outscore opponents rather than beat them in a grind out game.

It all goes back to the decision in the off-season to switch track from the low-post presence of Hibbert and the old man mid-range game of West.

It is not that much different than what the Raptors did. This series could be seen as a referendum. TORSTAR NEWS SERVICE

Kyle Lowry and the Raptors could have their hands full with the Pacers' Paul George in the first round of the playoffs. MICHAEL CONROY/THE ASSOCIATED PRESS

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Go online for coverage of the dramatic final night of the NBA regular season and a wrapup of the opening night of the NHL playoffs.

LEAFS EXTENSIONS

Assessing the Leafs' six-year deals for Nazem Kadri and Morgan Rielly and signed Wednesday

NAZEM KADRI — C

25 years old, six-foot, 189 pounds
Drafted seventh overall in 2009
81 goals, 116 assists, 197 points in 326 career games
THE DEAL: Six years, $27.5 million — $4.5-million cap hit with a partial no-trade clause in 2018.
THE SKINNY: Kadri led the Leafs in scoring while taking on the role of shutdown centre against the opposition's best. He's an agitator with a reputation for diving, and a repeat offender prone to suspension. His offensive output is not elite but it should get better when the talent around him does.
WHAT LAMORIELLO SAYS: "What Naz showed is that he can be put in any role, no matter what it might be. He found himself in that shutdown role. He found himself on the power play."
WHAT KADRI SAYS: "I feel like my professionalism has come a long way in the past couple of years, and it's only going to get better."

MORGAN RIELLY — D

22 years old, six-foot-one, 195 pounds
Drafted fifth overall in 2012
19 goals, 73 assists, 92 points in 236 career games
THE DEAL: Six years, $30 million — $5-million annual cap hit with a partial no-trade clause in 2020
THE SKINNY: Rielly is a top-pair defenceman with a very high upside. He led the Leafs in ice time and was the highest-scoring defenceman despite little power-play time. He's quick to join the rush, and speed makes up for the occasional miscue.
WHAT GM LOU LAMORIELLO SAYS: "Morgan has the potential of being an all-star in this league. He is the key to our defence, our leader there. He is a core player and one to be counted on."
WHAT RIELLY SAYS: "It's all about trying to get better every day, whether it's being a good teammate or taking the next move in your career. I certainly want to be a player in this league that his team can be proud of."

TORSTAR NEWS SERVICE, PHOTOS BY GETTY IMAGES

GO TO METRONEWS.CA for coverage of Game 2 of the Jays' series against the Yankees. NATHAN DENETTE/THE CANADIAN PRESS

MLB

Ambidextrous bump for Blue Jays' bullpen

The Toronto Blue Jays added a right-hander and a southpaw with one call-up Wednesday.

Ambidextrous reliever Pat Venditte was in the lineup for Toronto's home game against the New York Yankees after being recalled from triple-A Buffalo earlier in the day.

The only active switch-pitcher in the major leagues nearly made the team out of spring training and pitched well in both of his appearances with the Bisons.

Pat Venditte GETTY IMAGES

The Toronto bullpen has struggled in the early going this season.

THE CANADIAN PRESS

IN BRIEF

Jerry Colangelo denies collusion in Bryan hiring

Jerry Colangelo insists he had no role in the Philadelphia 76ers hiring his son, former Raptors GM Bryan, as team president.

The elder Colangelo said before Wednesday's game against the Bulls in Chicago that he recused himself from the hiring process once his son was under consideration.

"If he was the best candidate, he'd have to earn it through the selection process," Colangelo said.

THE ASSOCIATED PRESS

United through in FA Cup

Teenage Marcus Rashford led Manchester United to a 2-1 win over West Ham on Wednesday that put his team into the FA Cup semifinals and eased the pressure on manager Louis van Gaal.

In the last cup tie at the Boleyn ground before West Ham moves to the Olympic Stadium, 18-year-old Rashford opened the scoring with a superb strike in the 54th minute, curling the ball past defender James Tomkins and keeper Darren Randolph. THE ASSOCIATED PRESS

Europe's top spot suddenly vacant

UEFA CHAMPIONS LEAGUE

Barça stunned by Griezmann's double for Atleti

Lionel Messi, Luis Suarez and Neymar all failed to deliver as holder Barcelona was dumped out of the Champions League quarter-finals on Wednesday in a stunning 2-0 defeat by Atletico Madrid.

Barcelona's star trio was kept in check by some tough defending from the home side, while France striker Antoine Griezmann scored a goal in each half as Atletico overturned a 2-1 loss at Camp Nou in last week's first leg to win 3-2 on aggregate.

The result sent Diego Simeone's team, which had played most of the first-leg match with 10 men, to the semifinals for the second time in the last three seasons.

And it shattered the hopes of favourite Barcelona, which had reached the semifinals seven times in the last eight years.

"It wasn't our best day, we weren't lucid and we struggled to create chances," Barcelona coach Luis Enrique said.

Barcelona's performance was summed up by another disappointing display from Messi, who again failed to score his elusive 500th career goal.

The playmaker is enduring his worst scoring slump with Barcelona in five years and hasn't scored since a win over Arsenal in the round of 16 of the Champions League on March 16.

Frenchman Antoine Griezmann scored with his head to even the match in the 36th before scoring an 88th-minute penalty to give Atletico a 3-2 win on aggregate. MIKE HEWITT/GETTY IMAGES

WEDNESDAY **In Madrid**

ATLETICO	BARCELONA
2	0

Only twice Barça had failed to advance after winning the first leg in its previous 40 attempts in UEFA competitions.

It was Atletico's first win over Barcelona since Luis Enrique took over the Catalan club after the 2013-14 season. Luis Enrique's team had won the previous seven games against Simeone.

Atletico Madrid left the Camp Nou infuriated with the refereeing last week after its striker Fernando Torres was sent off in the 35th minute. On Wednesday, it was Barcelona that had reason to complain after a hand ball by Gabi Fernandez that appeared to be inside the area — but was judged by the referee outside the box in second-half injury time.

Messi's ensuing free kick sailed over the crossbar in his team's last chance.

Also Wednesday, Bayern Munich advanced to the semifinals despite being held to a 2-2 draw at Benfica.

The draw in the return leg of their quarter-final meant Bayern went through 3-2 on aggregate after its 1-0 win at home.

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RECIPE Sweet Pea and White Fish Chowder

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A lovely and light chowder that will make you think you've traveled to some sleepy fishing town filled with character.

Ready in
Prep time: 15 minutes
Cook time: 25 minutes

Ingredients
- 1 tbsp olive oil
- 1/2 onion, finely chopped
- 1/4 cup diced pancetta
- 2 1/2 cups mini white potatoes, quartered
- 1 cup stock
- 3 cups milk
- 1 cup peas
- 250 g skinless, boneless white fish, chopped into chunks

1 cup peas
- 2 tbsp fresh chopped dill
- salt and pepper

Directions

1. Heat oil in a saucepan, add onions and pancetta and cook until onions are softened and pancetta is browned.

2. Add the potatoes and cook for 2 to 3 minutes. Pour in stock, cover and simmer for 12-15 mins or until the potatoes are tender.

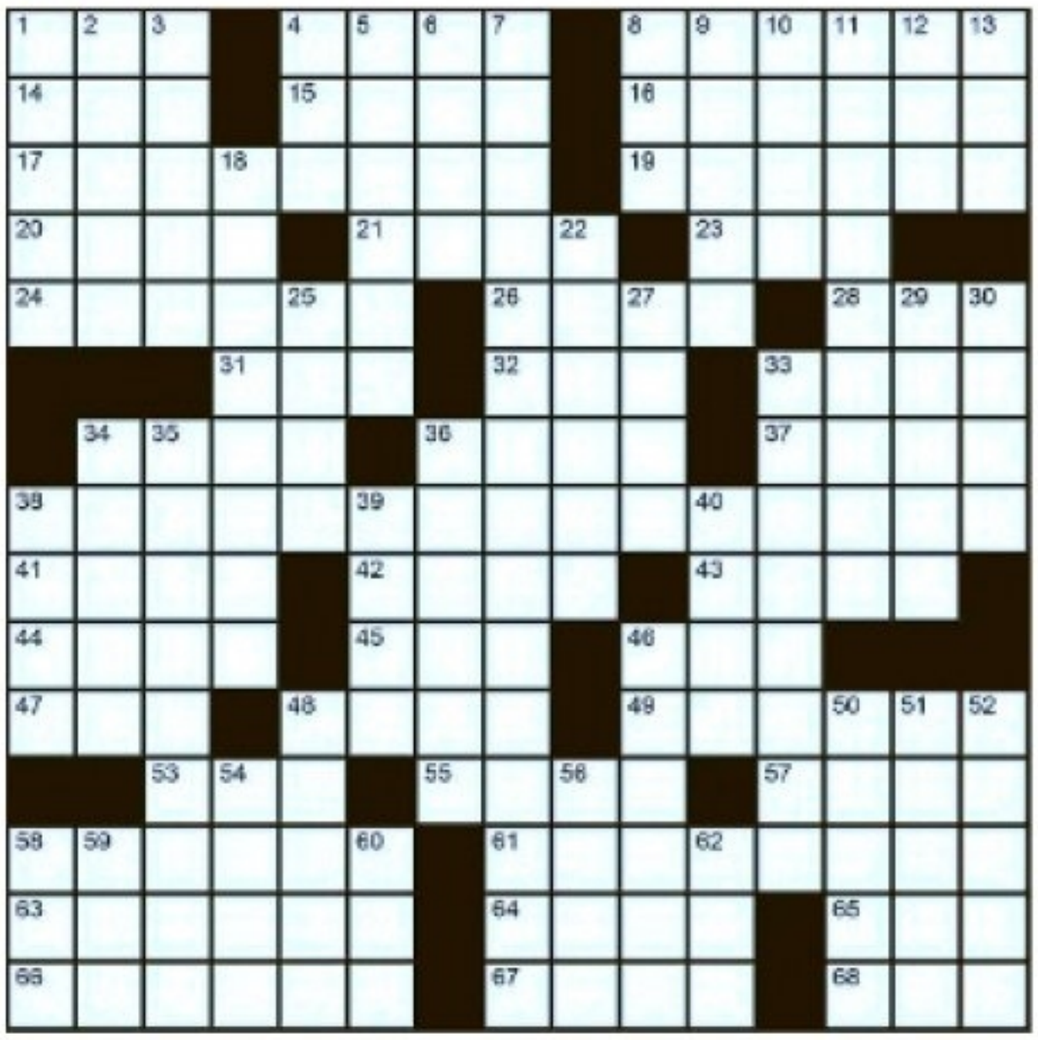
3. With a slotted spoon, remove half the potatoes from the stock and set aside. Transfer the remaining potatoes, stock into a blender or food processor, add the milk and whizz until smooth.

4. Pour mixture back into the pan, add the peas, fish and reserved potatoes. Cover and gently heat for 3-4 mins until the fish is just cooked through — don't boil. Stir in dill then season to taste.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Wooden wedge
5. Sea lettuce
9. "What am I, chopped _?"
14. Verdi opera
15. Sci. class
16. Dispatch boat
17. Ringing reverberation
18. Mini medians
19. Biker role in #61-Across
20. 11:00pm, for instance: 2 wds.
23. Social pages word
24. Fab Four, for one
27. Canada _ (CBC's annual books competition)
29. Regular
30. Woodstock salutes
33. Of the body's major artery
35. Rules of conduct
39. Shiba _ (Dog breed of Japan)
40. Pamplona's locale in northern Spain
42. Muesli tidbit
43. Drop in rank
45. Sacred place
47. Gilligan's boat, S.S. _
49. Ancient Greek colony
50. Joe of "JFK" (1991)
52. The _ (Novel by #9-Down which is the 2016 winner of #27-Across)
54. Abitibi article
55. 1934: Montreal Neurological Institute founder, Dr. Wilder _ (b.1891 - d.1976)
58. Express
60. Sports car, _ Romeo
61. "_ Rider" (1969)
65. Latin for 'I believe'
66. Enter: 2 wds.
67. _ & The Bunnymen
68. Russian ballet company
69. Hobbyist's purchases
70. Actor, Oliver _

DOWN
1. Maple's meal
2. "Speed it up, stallion!"
3. US 'Gem State', briefly
4. Shopping centre regular's nickname
5. Decrease
6. It keeps a censor ready with the bleep button: 2 wds.
7. Van _, Vincent
8. Besides
9. Newmarket, Ontario born author (More at #27-Across and #52-Across): 2 wds.
10. Climber of the quoins
11. Choice dish
12. Rob of "90210"
13. Automatic
21. Nfld., for one: 2 wds.
22. Cheering-on people
24. Randy of "The Apprenticeship of Duddy Kravitz" (1974)
25. "Can you give _ _ moment, please?" (Making-a-decision couple's request)
26. Latin for 'gold'
28. Peer Gynt's mother
31. Actors Joe or Vincent
32. Odd, briefly
34. Ms. Kazan of "My Big Fat Greek Wedding 2" (2016)
36. Fist, in France
37. Actress Ms. Raymonde
38. Bargain
41. "_ Ryan's Express" (1965) starring Frank Sinatra
44. Mantric syllables
46. Antlered creature of European woodlands: 2 wds.
48. Nintendo's getting-in-shape offering, _ _ Plus
50. Science dish
51. 'Poly' add-on (Synthetic fabric)
53. Angles
54. Good fortune
56. Harps
57. Sight-of-ice in The Arctic
59. Japan's capital's old name
62. Expert
63. "_-Devil" (1989)
64. Greeted, Rocky-style

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is an excellent day for business and commerce. Look for ways to boost your income or to improve your job, because you have the edge!

Taurus April 21 - May 21
Mercury is in your sign today, dancing with lucky, moneybags Jupiter. This is a great day for business and financial conversations, because you believe in yourself!

Gemini May 22 - June 21
Your confidence is strong today, which is why you are willing to explore new ideas and listen to what others have to say. Behind-the-scenes news might benefit your home scene.

Cancer June 22 - July 23
This is a wonderful day to schmooze with others! It's also an excellent day for classes, meetings and conferences. Everybody wants to talk and get into the act!

Leo July 24 - Aug. 23
This is a great day to make plans for the future, especially by creating organizational systems. Business and commercial activities are favored. Ask the boss for what you want!

Virgo Aug. 24 - Sept. 23
You will enjoy the study of philosophy, law and medicine today, because you are hungry to expand your mind. This is also a great day to make travel plans for the future.

Libra Sept. 24 - Oct. 23
You couldn't pick a better day for discussions about inheritances, taxes, debt and shared property. All parties involved will be fair-minded and generous to each other.

Scorpio Oct. 24 - Nov. 22
You will enjoy sitting down with a partner or close friend to discuss practically anything today, because you are in such a positive frame of mind. This is a great day to deal with groups.

Sagittarius Nov. 23 - Dec. 21
Co-workers are supportive today. In fact, you will enjoy almost anything that you do at work today, because you feel happy and hopeful.

Capricorn Dec. 22 - Jan. 20
Social diversions, the arts, movies, sports events and playful activities with children are wonderful choices for you today. You feel happy, upbeat and ready to enjoy life!

Aquarius Jan. 21 - Feb. 19
Family discussions will go well today. In particular, this is a good day to tackle big projects that entail repairs and improvements to where you live.

Pisces
Feb. 20 - March 20
You understand the Power of Attraction. You also understand that thoughts manifest into reality. Today your positive frame of mind makes you happy.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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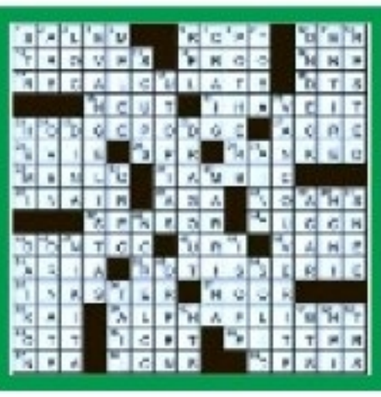
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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9	8	5	1	4	6	2	3	7
1	6	7	5	2	3	8	9	4
4	3	2	8	7	9	6	5	1
5	7	4	2	1	8	3	6	9
2	9	6	4	3	7	5	1	8
3	1	8	6	9	5	7	4	2

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